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Your essential daily news | MONDAY, JULY 13, 2015

## FANS GO BATTY OVER FIRST LOOK AT FILM

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## THE GOLDEN TOUCH

Canadians shine at the Pan Am Games

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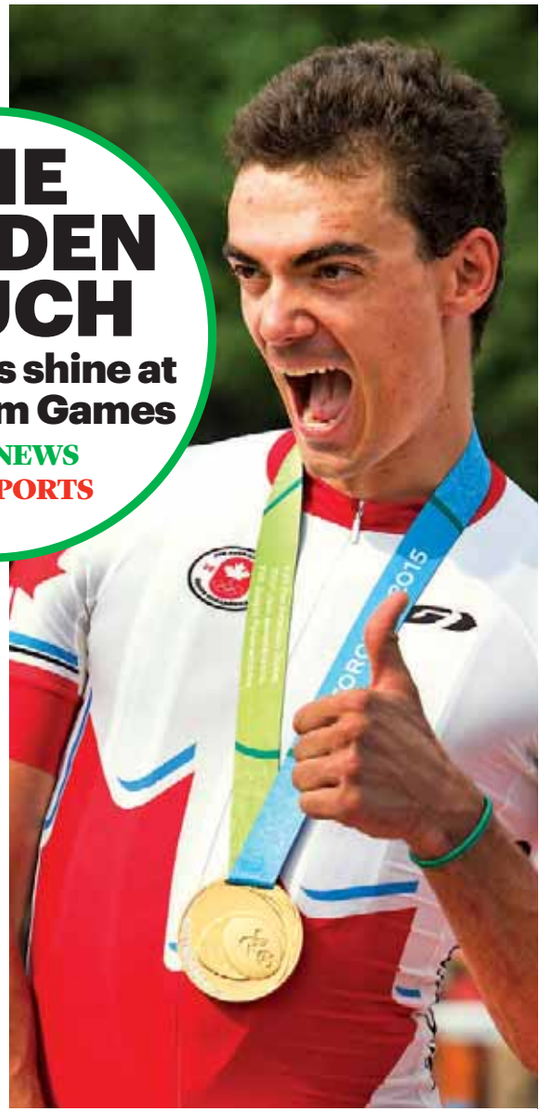

**Clockwise from top: Emily Batty (women's mountain bike), Raphael Gagne (men's mountain bike), the women's rugby team and Jennifer Abel (women's 3-metre springboard diving) all won gold medals Sunday at the Pan Am Games in Toronto.** THE CANADIAN PRESS

PAN AM GAMES

## Tickets kicked off Kijiji

Are you desperate for tickets to the sold-out Pan Am equestrian jumping finals? Elizabeth Wilson wants to hear from you.

The 54-year-old marketing co-ordinator tried to sell a pair of tickets on Kijiji.ca for $200 each, but her ad was pulled at the request of Pan Am's organizing committee, she said.

A Kijiji representative told her they were removing ads for Pan Am tickets due to infringement of copyrights or trademarks.

Wilson was left to wonder if she will have to hawk her tickets the old-fashioned way.

"Am I supposed to put a sandwich board on and walk around saying, 'I'd like to sell my Pan Am tickets?'" she said. "I'm not going to put an ad in the paper."

According to the ticket codes, you can buy Pan Am tickets from people you know. If you only want to sell them, you can't offer them publicly, including on a website. Pan Am spokesman Kevin Dove called the policy "pretty straightforward."

Ticket holders aren't eligible for a refund, except if an event is cancelled and in other extraordinary circumstances.

Kijiji has already deleted hundreds of ads for Pan Am tickets, said communications manager Shawn McIntyre.

"Generally, we allow the resale of tickets on our site, but when a company reaches out like that, and they notify us that they strongly discourage the resale of their tickets, we generally comply."

TORSTAR NEWS SERVICE

# TOO BIG TO MISS

## TODAY'S ACTION • MONDAY, JULY 13

## SPORT

**MEN'S & WOMEN'S BEACH VOLLEYBALL**
9 a.m./2:30 p.m./8 p.m. –
Preliminary Rounds
Chevrolet Beach Volleyball Centre

**MEN'S & WOMEN'S JUDO**
3 p.m. – Preliminary Rounds
8 p.m. – Medal Rounds
Mississauga Sports Centre

**MEN'S BASEBALL**
12 p.m. – CUB vs PUR
3:30 p.m. – COL vs USA
7 p.m. – CAN vs NCA
President's Choice Ajax Pan Am Ballpark

**MEN'S & WOMEN'S ARTISTIC GYMNASTICS**
12:45 p.m./6:50 p.m. – Medal Rounds
Toronto Coliseum at CIBC Pan Am Park

**MEN'S FOOTBALL (SOCCER)**
5:30 p.m. – TTO vs URU • PAR vs MEX
CIBC Hamilton Pan Am Soccer Stadium

## CULTURE

**FITO BLANKO**
CIBC PAN AM PARK
9 p.m.
FREE

**ANA TIJOUX**
NATHAN PHILLIPS SQUARE
7:30 p.m.
FREE

**TWENTY THOUSAND LEAGUES UNDER THE SEA**
DANIELS SPECTRUM
8 p.m.

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metro NEWS

Your essential daily news

McDonald's swears toy doesn't curse. **Business**

# A #YouAreWelcome wagon

FOOD TRUCK

## Mississaugas, chef offering First Nations cuisine

**Gilbert Ngabo**
Metro | Toronto

In the heart of the Distillery District Sunday, chef David Wolfman is busy distributing free food from a multi-coloured food truck.

The lineup doesn't seem to end, with locals and Pan Am visitors queuing up for a taste of Wolfman's First Nations cuisine.

"I think in the last two hours we must have served about 250 people," he said.

The food truck is a collaboration between Wolfman, a culinary professor at George Brown College and host of Cooking With the Wolfman on APTN, and the Mississaugas of the New Credit First Nation.

As official host of the 2015 Pan Am Games, Wolfman said the Mississaugas wanted to share their traditional cuisine with the thousands of visitors coming to the city.

"Part of our character, of who we really are is welcoming people," said the chef, who was greeting visitors with intermittent interjections of "aanii" — hello — and "chi meegwetch" — thank you.

"When you welcome people with food, everybody has a smile."

> **When you welcome people with food, everybody has a smile.**
> Chef David Wolfman

The exercise kicked off last Friday to coincide with the Pan Am Games' Opening Ceremony. The food truck will be at Queen's Park Tuesday and in Liberty Village Wednesday.

To find out more, or to see if the truck is in your area, follow @youarewelcometo on Twitter.

### WHAT'S ON THE MENU

**Nish kabobs:** "Nish" is jargon for anishnawbe, which means "the people" in Ojibway. The dish, made with deer meat, is Chef Wolfman's favourite.

**Curried elk pastry:** This flaky dish is made with traditional ingredients like elk and sweet potatoes.

**Smoked turkey chili:** Wolfman whipped up this recipe using local ingredients like pinto beans.

**Wild blueberry bannock:** A staple in aboriginal kitchens, this flatbread can be enjoyed for breakfast, dessert or an afternoon treat.

**Chef David Wolfman is introducing people to authentic Ojibway dishes from the #YouAreWelcome food truck in the Distillery District.** LIZ BEDDALL/METRO

### HOW TO...

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# T.O. commuters say pass on GO-TTC collaboration

TRANSIT

## Integrated fare has attracted very few riders

Give it more time and more marketing. That's what transit officials counselled when the first test of an integrated TTC-GO fare got off to a slow start last winter.

But it hasn't worked. Apparently $60 a month — the cost of access to the GO trains at Danforth and Exhibition stations for TTC Metropass holders — is too much even if it does give commuters a more comfortable, faster ride to Union Station.

In the five months between the pilot project's launch Feb. 1 and the end of June, only 338 commuters bought the special Metropass stickers giving them GO privileges. Of those, 134 were sold in the first month of the fare integration experiment.

Since then, Metrolinx has launched its $50,000 marketing effort for the co-fare program, including a TTC station platform video, billboards, posters, social media and in-station announcements.

However, only 18 of the stickers have been sold at the Exhibition station, where Councillor Mike Layton had argued GO was a needed alternative to west-end commuters vexed by the over-crowded King streetcar. By comparison, 271 stickers sold at the Danforth GO station and 70 at Union.

But the issue of how transit riders cross system boundaries is already on the horizon with Mayor John Tory's SmartTrack proposing to carry TTC riders on the GO tracks far beyond the south end of the Lakeshore East and West lines.

As early as November, the TTC board look at a new Presto-enabled fare structure that some think should include a fare-by-distance provision.

**A Toronto bound GO train leaves Exhibition Station after a brief stop.** CHRIS SO/TORSTAR NEWS SERVICE

But TTC chief customer officer Chris Upfold says a speed-based fare is more likely. The TTC already charges for speed by doubling the fare on its downtown express buses that make fewer stops and get riders to their destination faster.

Other considerations under study, said Upfold, include:

- Whether to continue the "all-you-can-eat" Metropass or go to a capped system such as GO uses where Presto users get a discount once they exceed a predetermined number of rides.
- Two-hour transfers.
- Senior and student discounts.
- And an off-peak fare that Upfold says could free up room on the system. TORSTAR NEWS SERVICE

> **The TTC product is very good ... we offer a good service at a good price.**
>
> TTC chief customer officer Chris Upfold

### REACTION

The addition of buses to supplement the King streetcar last fall and new operating practices that have drastically reduced those pesky short-turns, may also have played some small role.

Coun. Mike Layton, who pushed for the GO-TTC co-fare, thinks those are marginal factors.

"Anything was better than what it was and it continues to be difficult," he said. "Maybe you're getting on the third streetcar or bus instead of the fifth."

While he agrees cost has discouraged some GO use, Layton says it's time to ask residents what they want.

"Since we started proposing this as a notion, I don't think anyone's sat down with the community and asked what can we do here," he said. TORSTAR NEWS SERVICE

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## Setting sail at Sugar Beach

THE METRO MARINE MODELLERS GATHERED SUNDAY AT SUGAR BEACH AS PART OF A COLLABORATION WITH PANAMANIA. THEIR RACE WAS SET UP TO REPLICATE EXACTLY HOW THE PAN AM COURSE WOULD BE SAILED. THE MODELLERS HAVE BEEN GATHERING SINCE 1958, AND RACE ON SUNDAY MORNINGS AT PORT CREDIT IN MISSISSAUGA. LIZ BEDDALL/METRO

# Shelters still full in summer

HOMELESSNESS

## City struggles with demand, no matter the temperature

Summer has come to Toronto, but the warm weather has done little to decrease demand for space in the city's homeless shelters.

According to the latest figures released by the Shelter Support and Housing Administration, more people stayed in shelters in June than any previous summer month on record — an average of 4,095 a night.

All sectors of the system (excluding motel rooms rented for homeless families) are running above council's 90 per cent occupancy target, the level at which the facilities are considered full. In June, occupancy for the non-family sectors was at 94.4 per cent, which was up from 91 per cent this time last year and exceeded occupancy rates during some recent winters.

**A man sleeps outside the Cathedral Church of St. James. Although winter can be deadly, there are risks to living outside during warmer seasons.** MELISSA RENWICK/TORSTAR NEWS SERVICE FILE

In some cases, shelters are being forced to deny people beds.

"Our occupancy is pretty much exactly the same (as in winter)," said Jake Aikenhead, the manager of the Salvation Army's Gateway shelter on Jarvis Street, which has 118 beds. "All year round, we turn people away."

The situation is similar at Street Haven, a 50-bed women's shelter on Pembroke Street downtown. "Occupancy is full, no matter the weather," reported Kenda Hoffer, the shelter's director of operations. "It seems to be busting at the seams these last few years."

Shelter operators say crowding during the summer is not new. But the total number of people using shelters has grown as the city has gradually added more beds to the roughly 60 facilities across the city. The figures indicate that spaces are being filled as quickly as they are added, even in summer.

> **All year round, we turn people away.**
> Jake Aikenhead, manager of the Salvation Army's Gateway shelter on Jarvis

Tanya Gulliver-Garcia, a research co-ordinator at the Homeless Hub, said that although there is a common perception that shelter space is only in high demand during cold weather, there is a chronic need for more beds. During the summer, warm temperatures might even attract additional transient people to Toronto and swell the homeless population, she said. "The shelter system is necessary year round."

Although winter weather can be deadly, according to Dr. Stephen Hwang, director of the Centre for Research on Inner City Health at St. Michael's Hospital, there are also significant risks associated with living outside during warmer seasons. They include increased likelihood of being victimized by crime as well as lack of access to the important health programs offered at shelters.

Being unable to access those supports "increases the chances that we'll have this group of people who are permanently homeless," Hwang said.

Patricia Anderson, a spokeswoman for the Shelter Support and Housing Administration, agrees that demand for shelter space is on the rise all year round.

She said the city is taking steps this year to expand capacity, including opening up two 25-bed facilities for LGBTQ youth and launching a 42-bed transitional program for women. This spring, council backed a proposal to create up to 15 new permanent or temporary shelters over the next five years and to move 200 long-term shelter users a year into permanent housing.

TORSTAR NEWS SERVICE


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# Link at your own risk

Maybe it's a case of overzealous lawyering, but the legalese on the official Pan Am Games website states that no one is allowed to link to it without written permission.

"Links to this Site are not permitted except with the written consent of TO2015™. If you wish to link to the Site, you must submit a written request to TO2015™ to do so," according to the toronto2015.org terms of use.

That's a cause for concern, said Fenwick McKelvey, an assistant professor of communication studies at Concordia University who specializes in the Internet.

"This is a public event. It's publicly funded. It's going to generate public discussion and the fact that they claim they can say how people are discussing it, or linking to the content, is a tremendous overreach," he said.

McKelvey said Canadian courts recognize linking as part of freedom of speech, and this runs contrary to that.

Catherine Lovrics, a lawyer with Bereskin & Parr who specializes in copyright, said the policy is likely not intended for regular online users, but rather brands.

"If you're linking on your social media page to your favourite bowler and the fact that they won a bowling event, I don't think that these terms are likely going to be enforced and there's no reason to worry," she said. "But, if you're trying to use the Pan Am Games commercially and you're not an official sponsor, this is probably aimed at you."

Pan Am organizers have taken other steps to protect sponsorships, including trademarking To2015, a popular hashtag for the Games.

TO2015 responded to Metro's questions about this issue by stating, "Permission to link to our website is requested as a way to protect our intellectual property assets.

JESSICA SMITH CROSS/METRO

## IN BRIEF

**Sculpture of athlete emblazoned with typo**

When Tom Longboat won the 1907 Boston Marathon and obliterated the previous course record with a time of 2:24:24, he showed courage and persistence. But "persistance"?

The misspelled word is emblazoned on a statue of the Onondaga long-distance runner near Harbourfront Centre.

Passersby said the error ought to be fixed.

TORSTAR NEWS SERVICE

# Cyclists escorted off DVP

PRACTICE RIDE

## Co-operative Brazilian team had 'language issues': police

Toronto police HOV enforcement officers found themselves dealing with a slightly different traffic situation Sunday morning when they had to escort the Pan Am Games Brazilian cycling team off the Don Valley Parkway.

Toronto police got a call about a group of cyclists travelling northbound on the shoulder of the DVP at 9:58 a.m. Sunday, said Det. Sgt. Devin Kealey.

A police motorcycle unit already on the highway keeping an eye on the HOV lanes responded to the call and caught up to the nine cyclists who were all wearing their Brazilian team uniforms.

The team was on a practice ride downtown when they rode onto the DVP at the Eastern Ave. ramp, not realizing that cyclists are not normally allowed on the busy highway.

There were "some language issues," Kealey said, but the cyclists were "very apologetic and very co-operative" with officers, who escorted them out to the Don Mills Road exit and took them to the Bayview Extension so they could continue their practice.

> **You'll be happy to know they were not using the HOV lanes.**
> Det. Sgt. Devin Kealey

The cyclists are not facing any charges and Kealey said Pan Am officials have also contacted the team about cycling rules in Toronto.

Kealey said it's not unheard of for cyclists to accidentally end up on the DVP, but it's not a common occurrence, either.

"You'll be happy to know they were not using the HOV lanes," he added.

TORSTAR NEWS SERVICE

**EXHIBITION STADIUM RUGBY 7S** The southern stands of the stadium were packed for Rugby 7s on Sunday during the Toronto 2015 Pan Am Games, and the sports fans were able to enjoy a gold medal win for Canada. See **metroSPORTS**. RICK MADONIK/TORSTAR NEWS SERVICE

SAFETY

# Cost of security for Games pegged at $240 million

It's being described as the largest security operation in Canadian history, but experts are predicting that ensuring everyone's safety at the Pan Am Games will be virtually seamless.

They're also saying it will be nothing like the 2010 G20 summit, either, the last major event to take place in Ontario that required a large security apparatus.

Total cost for the summit came close to $1 billion (with over $900 for security), and saw hundreds of people arrested in the streets. In some cases, criminal and disciplinary charges were laid against several police officers.

The G20 "is apples and oranges compared to Pan Am," said Steve Summerville, president of Stay Safe Instructional Programs and a retired Toronto police staff sergeant, noting that years have gone into planning the security operation for the Games.

"With G20, we were looking at specific pockets of people with a specific focus. Some were demonstrators, some were activists, some were anarchists. That's a completely different situation than Pan Am."

Security for the Games has been a touchy issue for years, long before Friday's opening ceremony. It's the responsibility of the Integrated Security Unit, comprising 10 municipal, provincial and federal police forces, with the Ontario Provincial Police taking the lead.

The ISU covers a large geographical area spanning 14 municipalities, including Toronto, Hamilton, Welland and Oshawa. Municipal police forces will be responsible for security in their own cities.

For now, the cost for security has been pegged at about $240 million — more than double what was originally anticipated — but officials have repeatedly said that number could go up if there is a threat. (While Canada's terrorism threat level remains at "medium," officials have said the threat level to the Pan Am Games is relatively low.)

**Police patrol inside the Pan Am Games Athletes' Village.**
MARK BLINCH/THE CANADIAN PRESS

Of that $240 million, $57 million has been set aside for the OPP and $101 million for municipal police services.

TORSTAR NEWS SERVICE

**The racetrack on Sunday.** COLE BURSTON/TORONTO STAR

# Woodbine rewards

Casino advocates in Toronto such as Coun. Glenn De Baeremaeker say city council's approval of expansion at Woodbine racetrack includes novel proposals to create supports for the city's low-income areas. Here's how.

## COMMUNITY BENEFITS AGREEMENT

As a result of the Woodbine decision, Toronto will set about exploring ways to invest every single dime of the city's gaming revenues generated by a Woodbine operation into a community benefits fund.

Those revenues are estimated to be in the range of $7 million to $11 million annually, and the fund they'd serve would tackle poverty in low-income neighbourhoods across the city.

"If it actually gets implemented, it will transform this city," De Baeremaeker says.

**City Coun. Glenn De Baeremaeker** ANDREW FRANCIS WALLACE/TORONTO STAR

## LOW-INCOME JOB SEEKERS

The deal requests that future gaming providers "strive" to hire 5 per cent of the people on social assistance in the area, to help get them into decent work.

It's a woollier version of a comprehensive local-hiring bylaw passed at the time when the ill-fated Woodbine Live! expanded gaming project was created, which would have created an employment centre and apprenticeship program for locals.

## INCREASING OVERALL JOB GROWTH

Some 10 per cent of Rexdale residents are already employed at the Woodbine racetrack, Councillor Ana Bailao points out. While the casino itself will generate more job opportunities, Bailao says a major win is the inclusion of a broader entertainment complex in the final deal — including retail, restaurants and a hotel.

Erica Taylor, general manager of the YMCA's Rexdale Employment Centre, says the prospect of more local jobs has been well-received.

TORSTAR NEWS SERVICE

POLICE

# Understaffing cause of jail lockdowns

There were 900 lockdowns in Ontario's provincial jails due to staff shortages last year, a figure that has more than tripled since 2009.

The full and partial lockdowns, which can last a day or several days, were triggered by shortages of staff including correctional officers and managers.

The figures, released by the province under the Access of Information Act, do not relate to lockdowns caused by other factors such as security breaches, transfers of high-risk prisoners, violence or contraband.

The Ministry of Community Safety and Correctional Services' institutional management unit (IMU) says the only available statistical data for lockdowns pertains to understaffing.

TORSTAR NEWS SERVICE

## IN BRIEF

**Police arrest alleged voyeur**

A Brampton man, 27, is facing charges after allegedly filming a woman and masturbating at a University of Waterloo library on Saturday.

Police from the University of Waterloo Police and the Waterloo Regional Police Service were called to the Davis Centre around 4:20 p.m. Saturday after reports of a man filming a 30-year-old woman in a study space with a hidden miniature camcorder. The man was monitoring the feed with a smart phone and masturbating.

The man, who police said is not a student of the university, was arrested as he attempted to leave the library. He has been charged with voyeurism, committing an indecent act and possession of a controlled substance.

He was scheduled to appear in court for a bail hearing Sunday.

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# Rare reflection of area's Jewish heritage rescued

CULTURE

## Bubble tea franchise will preserve historic sign

A rare piece of Toronto's Jewish heritage appears to have been rescued at the last minute, after almost being destroyed by a bubble-tea franchise.

"Butter, Cheese, Cream, Eggs — Fresh Every Day" are the unremarkable words spelled out by the Yiddish sign on the window of 29 Baldwin St. But the hand-painted Hebrew script, an advertisement for the former Mandel's Creamery, is possibly the last surviving remnant of Baldwin Village's former life as a landing spot for Jewish immigrants.

The sign is believed to date back to the 1940s, and was preserved even after Mandel's was taken over by John's Italian Caffe decades ago. But John's recently closed, and a new tenant moved into 29 Baldwin. Last month, large decals announcing the arrival of a bubble-tea shop were plastered across the storefront, and the Yiddish sign in Hebrew script was nowhere to be seen. Rumours circulated that the new tenants had chiselled it off.

"So we panicked," said Dara Solomon, director of the Ontario Jewish Archives, who had been worried about the sign since she heard John's was closing.

**This 2009 photo shows the 70-year-old Hebrew lettering in the window of the former Mandel's Creamery on Baldwin Street. The historic sign is believed to be the only one of its kind in Toronto, but was almost destroyed when a bubble tea shop moved into the storefront in June.** ONTARIO JEWISH ARCHIVES/BLANKENSTEIN FAMILY HERITAGE CENTRE

The importance of the sign relates to the era when Jewish businesses lined Baldwin.

Beginning in the 1910s, Jewish immigrants from Europe began setting up shop there, and nearby Cecil Street was soon home to synagogues and other Jewish institutions. But by the 1950s, the community had become prosperous and began relocating to more desirable neighbourhoods in the north of the city, and the Jewish businesses gradually vanished. Eventually the old Mandel's sign was all that was left.

> **It's the one spot where people can actually stand and see the Yiddish, rather than just being shown it in photos.**
> Dara Solomon, director, Ontario Jewish Archives

It's believed to be the last of its kind in the city.

"It's the one spot where people can actually stand and see the Yiddish, rather than just being shown it in photos," Solomon said.

Fortunately, rumours of its demise proved false. After several unsuccessful attempts to contact the Formocha tea shop's owners, Solomon finally met with Daniel Li on Friday. He assured her that although contractors had partially scratched off one letter, the sign was still mostly intact beneath the decal.

In an interview, Li said he was completely unaware of the window's importance when he and his partners leased the property. But after meeting with Solomon, Li said he was convinced. "We are both on the same page that we are going to protect this sign."

Li is considering three options: leaving the window where it is, reinstalling it somewhere inside his tea shop, or donating it to the OJA.

He has to discuss the issue with his partners, but said the idea of integrating the Jewish artifact into his Taiwanese business appeals to him, because fusion of the two cultures would be fittingly Canadian.

"Canadian can mean any type of culture, so ... I think that would be a great opportunity to have this be part of our story," he said.

Kaila Wainwright, director of programming for Heritage Toronto, said that 29 Baldwin is not on the city's list of heritage properties, and even if it were, it's generally difficult to apply heritage protection to signs. Although no one can force Formocha to do anything with the sign, Wainwright said her ideal solution would be to preserve it where it is.

Solomon agrees. "I would love for it to stay there. People identify with it," she said. "It's just really a wonderful artifact of the life that was once there."

TORSTAR NEWS SERVICE

## IN BRIEF

### Man charged for impaired driving with children in vehicle

Ontario Provincial Police have charged a man with impaired driving after he allegedly drove drunk with three of his children in his vehicle in Oakville.

Police say they were alerted to a vehicle being driven by a man suspected to be impaired, driving eastbound on the QEW at about 4:40 p.m. on Saturday.

Police stopped the vehicle, arrested the man and asked him to give breath samples. He was charged with impaired driving and was released pending a future court date. The mother of the children took custody of them. Police say the Children's Aid Society was also contacted.

THE CANADIAN PRESS

### Two Toronto men die in Bracebridge collision

Two Toronto men are dead after a two-vehicle crash near Bracebridge Saturday.

Bracebridge OPP were called to Muskoka Lakes township after two vehicles, one northbound and one southbound, collided around 4:30 p.m. Saturday.

The male driver of the northbound vehicle and a male passenger were pronounced dead on scene. A 13-year-old female passenger was airlifted to a Toronto hospital with non life-threatening injuries. The male driver of the second vehicle also suffered non life-threatening injuries.

The men killed were identified as David Lash, 49, and Anthony Lash, 76.

TORSTAR NEWS SERVICE

BIGFOOT

# Toronto-based Sasquatch hunter is keeping his eyes peeled

One decade ago, Christopher Lau was eating dinner when his father asked the 22-year-old to help him track down Sasquatch.

A month later, the Toronto native found himself camping in remote British Columbia when Lau began to hear rustling in the woods.

"We had started to brew some coffee, when I began to hear some monkey-like grunts," he says. "Somewhere out there was something watching us closely."

> **People easily misidentify Bigfoot with animals, like if a bear was to stand on its hind legs ... the mind can play tricks on you.**
> Christopher Lau, Toronto Sasquatch watcher

Lau captured three seconds worth of what he could only describe as a gorilla grunting.

"After that morning, I knew something was out there."

Armed with a bachelor of arts in anthropology from York University, Lau — now a Markham resident — continues his pursuit of the legendary beast around the GTA and the country as one of Toronto's only accredited researchers with the international Bigfoot Field Researchers Organization (BFRO).

Lau's most recent expedition was in 2011, when he visited North Bay and other locales scattered along Lake Superior. These week-long tours, called "exhibitions," see upwards of 30 researchers convene to speak with witnesses, map possible track directions and measure step lengths.

Searching for Bigfoot is called "squatching." The practice is guided by "the Flats," a BFRO database that logs visual and audio sightings that are publicly submitted. An important portion of Lau's work involves screening these reports from locations as close to the GTA as Wasaga Beach, Lindsay and Muskoka.

Assessing the validity of each report is vital as a majority prove false.

To verify a sighting, Bigfoot trackers use a variety of tools and methodology to search.

Trail cameras are attached to tree trunks and small, two-toned percussion instruments called wood blocks are played, in an effort to mimic what the researchers believe are Bigfoot warning signals.

**Christopher Lau, one of Toronto's only authorized researcher registered with the international Bigfoot Field Researchers Organization, poses in the Eldred King Woodlands.** VINCE TALOTTA/THE TORONTO STAR

"Sasquatch like to tree knock," Lau says. "It is a non-verbal method of communication used to tell one another that an intruder may be near.

"But then again, it could just be a woodpecker."

The 32-year-old points to the 1967 Patterson-Gimlin film END as proof the Sasquatch exists.

The film contains the infamous and widely circulated image of a tall, black and hairy subject that the filmmakers, Roger Patterson and Robert Gimlin, claimed was not human.

"People consider it a hoax but it isn't," he says, acknowledging the grainy image is losing its relevance in an age of high-definition smartphone cameras. "So far, it is the only visual evidence of a Sasquatch."

Still, he has questions that remain unanswered.

"You can never really know for certain," Lau says. "It could be a mythical creature, sure.

"But for me, I'm set on Sasquatch being something ... the last survivors of a great ape species, a true missing link."

TORSTAR NEWS SERVICE

VIOLENCE

# Pastor laments gunfire deaths

The words seemed to come naturally to Pastor Allan Bowen as he gave his first Sunday sermon since 14-year-old Lecent Ross was shot and killed.

That may be because he has had a lot of practice in 25 years as senior pastor of Abundant Life Assembly, a Pentecostal church on Dixon Road, just outside Rexdale.

"I've been involved in 58 situations of serious wounding or murder by guns," he said.

Lecent died of a gunshot wound Thursday while visiting a 10-year-old friend in a townhouse near her home on James Crescent. The bullet came from an illegal, semi-automatic handgun — a .40-calibre Smith & Wesson. Who fired the pistol remains a mystery.

Addressing the small crowd gathered for morning mass — including Ross's 20-year-old sister Kajauna and mother Alicia Jesquith, seated in the front row — Bowen said he didn't want to eulogize another teenager killed by gunfire.

"We're seeing people murdered who have nothing to do with the criminal side of the neighbourhood," he said.

He mentioned Donald Beckles, a 46-year-old deaf man, who was shot to death in March while smoking a cigarette on his porch, on the same street where the Ross family live.

Two years earlier, 15-year-old Jarvis Montaque was shot and killed on James Crescent while listening to music outside his house.

Bowen also brought up the death of Ali Henry, 21, fatally stabbed in 1996 after a dispute broke out during a pickup basketball game outside Kingsview Village Junior School on York Road.

"Enough is enough," Bowen said, his voice rising in a crescendo until it was so loud he could have put down his mike.

The words brought some listeners to their feet.

TORSTAR NEWS SERVICE

**Lecent Ross** FACEBOOK

# More street trees equals better health, study finds

NEIGHBOURHOODS

## 10 more trees like being 7 years younger, professor says

**Gilbert Ngabo**
Metro | Toronto

The more trees on your neighbourhood street, the healthier you're likely to be.

That's the conclusion a five-year study conducted in Toronto and published in Scientific Reports last week.

The study surveyed more than 30,000 residents in Toronto via an online questionnaire. Researchers also relied on extensive tree data from the city — Toronto has catalogued 580,000 street trees — as well as reports on cardio-metabolic conditions and mental illnesses from the Ontario Health Study.

"There seems to be a strong correlation between how healthy a neighbourhood is and how many trees are in that neighbourhood," said Marc Berman, assistant professor of psychology at the University of Chicago and one of the authors.

The study found people who live in areas with more trees reported having a better perception of their health and fewer cardio-metabolic conditions such as hypertension and obesity than those living in less leafy areas.

In terms of health perceptions, Berman said planting 10 more trees on a block has the same effect as increasing each household's income by $10,200, or being seven years younger.

**A row of trees creates a shaded walkway along Queens Quay West. A new study conducted in Toronto shows a link between the number of trees on a street and the health of nearby residents.** LIZ BEDDALL/METRO

> **"Any city would benefit from increasing the number of street trees.**
> Marc Berman

"It seems from our study that any city would benefit from increasing the number of street trees," he said.

The study's authors include members of the David Suzuki Foundation and researchers from various universities and institutions across the globe.

LAKE SHORE BOULEVARD

# Woman, 22, critical after falling off van

A 22-year-old woman is in life-threatening condition after falling off a van's rear bumper near Exhibition Place Saturday night.

Police responded to a personal injury collision at 11:54 p.m. Saturday at Lake Shore Blvd. W., west of Ontario Place Blvd.

According to police, a dark-coloured van similar to a Mercedes-Benz Sprinter was travelling north on Ontario Place Blvd. and stopped at a red light at Lake Shore Boulevard West.

As the van was waiting for the light to change, two women approached the rear of the van and climbed onto the bumper.

As the van started moving, police say one woman fell or jumped off the back and sustained life-threatening injuries.

**CALL POLICE**

**Investigators need assistance**
Anyone with information is asked to contact police at 416-808-1900, or Crime Stoppers anonymously at 416-222-8477.

The driver continued westbound on Lake Shore West.

Police are searching for a driver that failed to remain on scene.

The driver may have been attending or working at an event called the Full Flex Express at TD Echo Beach, police say.

TORSTAR NEWS SERVICE

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# B.C. brewer breaks seal on tough South Korean market

INTERNATIONAL BUSINESS

## Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve them, as well as locals looking for something new.

"They were missing the market entirely," he said.

Vroon said he ran up against a thicket of regulation that stopped the flow of beer from other craft brewers, even after an early-2000s push from the country's government to open up the industry.

Vroon pushed back against rules that required breweries have more than one million litres of capacity to sell to wholesalers, which he said basically prevented anyone but the largest brewers from distributing their products.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work within rules that prevented or made prohibitively expensive the importing of the yeast and hops needed for a top-notch brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon's efforts bore fruit as he found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to meet the rising demand for Canadian brews

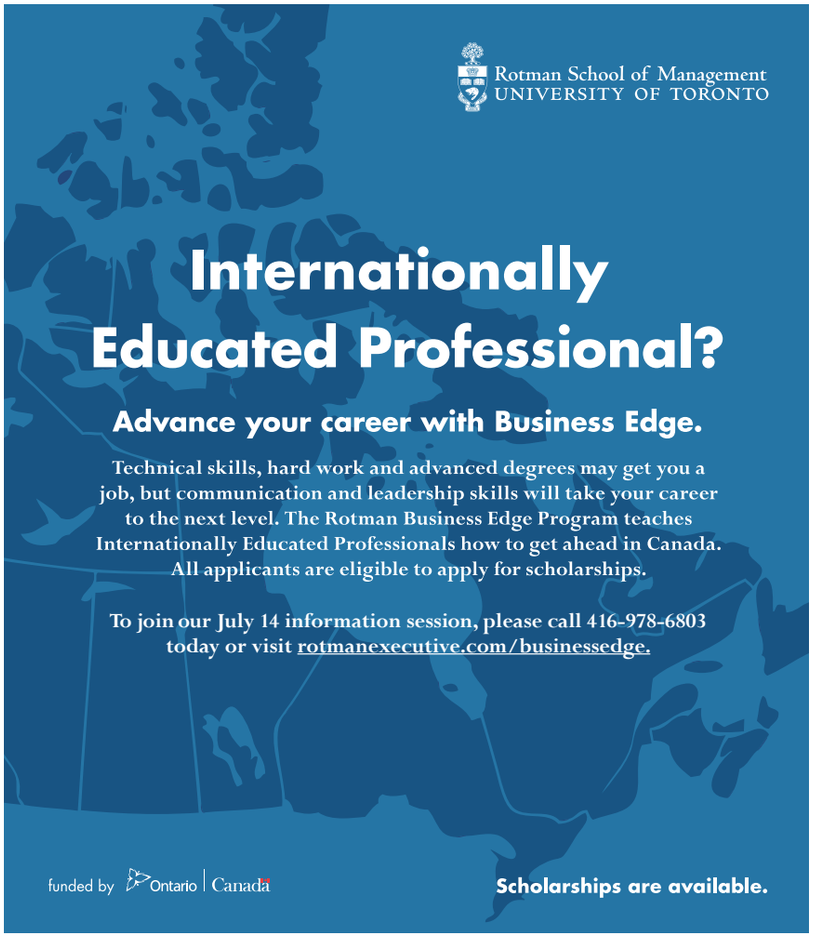
Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat well-founded belief over there that products from Canada are healthier, that the water's better, the air is better," he said. THE CANADIAN PRESS

**When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry.** THE CANADIAN PRESS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ECONOMY

## Tories bust out wallets for election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan engineered in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending bonanzas is now being repurposed as a recession-fighting necessity.

"Some of the measures which the prime minister announced and which I announced in the budget will inject almost $10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than $2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than $1.6 billion to existing projects.

> **They're basically making one of the big anchors of their election platform the return to a balanced budget.**
> Queen's University Professor Don Drummond on the Conservative election strategy

"They're a little bit caught because they're basically making one of the big anchors of their election platform the return to a balanced budget," said Don Drummond, a former senior Finance Canada official who now teaches at Queen's University. THE CANADIAN PRESS

SASKATCHEWAN WILDFIRES

## Evacuees headed home

Officials say residents of an evacuated reserve in northern Saskatchewan were being allowed to return home Sunday after it had been determined that their safety would no longer be at risk.

Duane McKay with emergency management said wildfires were no longer threatening the Grandmother's Bay First Nation reserve.

He said buses were being arranged to transport at least 130 people back to the First Nation.

A convoy led about 150 people from five other communities in the northeast home on Saturday night.

The communities to which those individuals belonged were not under evacuation orders, but the wildfires that had burned through Saskatchewan had cut off their road access.

McKay said fire conditions near 50 communities are being evaluated to determine when it might be safe for the remaining 13,000 evacuees from those communities to go home. THE CANADIAN PRESS

# Greece aims to make deal and avoid national financial crash

EUROZONE

## But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability,'' said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone. "There will not an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

THE ASSOCIATED PRESS

**German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting at the EU Council building in Brussels on Sunday.** THE ASSOCIATED PRESS

### BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the better part of two weeks, and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

MEXICO

## Notorious drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his recapture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico. THE ASSOCIATED PRESS

ISRAEL

## Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, including damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

### IN BRIEF

**Scottish woman dies in hospital after spending three days in crashed car**

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

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# Sea-to-sea expansion

RETAIL

## Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to $200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than $350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

**Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada.** JACQUES BOISSINOT/THE CANADIAN PRESS

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

VIDEO GAMES

## Nintendo president dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced Sunday.

In a brief statement, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata began working in the industry in the early 1980s. He joined Nintendo in 2000 and was appointed president in 2002.

Iwata, an enormously popular and influential figure in the industry, oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U. There has been no word yet on his replacement.

THE ASSOCIATED PRESS

**Satoru Iwata in 2009**
DAVID MCNEW/GETTY IMAGES FILE

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FAST FOOD

## Happy Meal Minions toy isn't cussing: McDonald's

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something a little more adult.

Experts say the company may be right, and the curse words many hear may be tied to how our brains are wired to find words even when they're not really there.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another phrase sounded like it could be "Well I'll be damned." The sound quality of the toy makes it hard to say definitively who is right.

The little yellow Minion characters speak a nonsense language and McDonald's Corp. said the Minion Caveman toy makes three sounds: "ha ha ha," "para la bukay," and "eh eh." The Oak Brook, Ill.-based company issued a statement saying it received only a few comments from customers about the toy, which was introduced July 3.

Nonsense speech will sometimes sound a bit like a real language, and experts say human brains are also wired to look for meaning in noise and images. So people will sometimes hear words in gibberish — including words they might think are inappropriate.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine. "Once the brain feels it has found a best match, then that is what you hear. The clarity of the speech actually increases with multiple exposures, or if you are primed by being told what to listen for" — as most people who heard the toy online already had been.

> **Once the brain feels it has found a best match, then that is what you hear.**
> Dr. Steven Novella, Yale School of Medicine

The technical name for the phenomenon is "pareidolia," hearing sounds or seeing images that seem meaningful but are actually random. It leads people to see shapes in clouds, a man in the moon or the face of Jesus on a grilled cheese sandwich.

The audio form of pareidolia has been causing confusion for years and years. In the 1960s the FBI investigated The Kingsmen's version of the song "Louie Louie" after concerned citizens complained that the lyrics were obscene. The band denied it, but hardly anybody could figure out the lyrics, including the FBI. The agency officially declared the words unintelligible.

A similar phenomenon could have contributed to the belief that rock bands would put messages in their music that could only be heard by playing a record or running a tape backward.

The McDonald's promotion is scheduled to run through the end of July. The film Minions, a prequel to the Despicable Me movies, premieres Friday. Some moviegoers will probably be listening intently to the Minions' dialogue. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, July 13, 2015

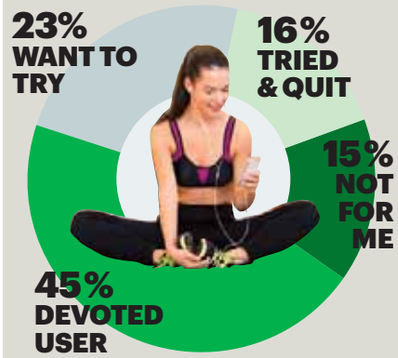
## THE BIG POLL: Fitness fails

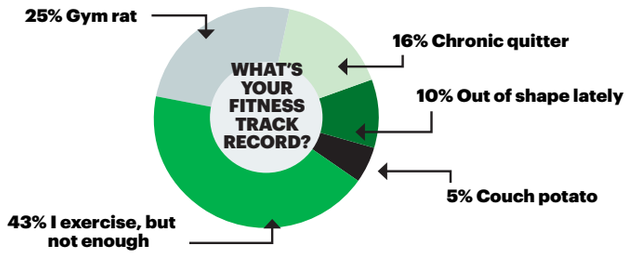
**From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals.** THE ASSOCIATED PRESS

**POLL: What would get you to stick to a fitness routine?**

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing

**POLL Have you ever used a fitness app or wearable device?**





WHAT'S YOUR FITNESS TRACK RECORD?
25% Gym rat
16% Chronic quitter
10% Out of shape lately
5% Couch potato
43% I exercise, but not enough

479 RESPONDENTS

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# Hey Pan-Am pessimists: Look what our city got

TORY'S TORONTO
**Matt Elliott**

Investing in city infrastructure is worth it, Pan Am or no Pam Am.

The Pan Am Games are here. They've brought more 6,000 athletes, alongside a gaggle of coaches, officials and organizers. There's also a porcupine, Pachi.

They've also brought a wave of pessimism that seemed to roll through the city in the lead-up to the opening ceremony.

The negative narratives — which even got the attention of the New York Times — were many, and sometimes contradictory. We heard frequently that no one cares about the Pan Am Games, but also that the Games will turn the city into crowded chaos.

We heard endless griping about the temporary Pan Am HOV lanes, with some dummies going so far as to elaborately arrange mannequins just to cheat the system.

And we heard a lot of people asking variations of, "Hey, what's the point? Why are we doing this?"

To that last question, the answer is obvious. We're doing it for the infrastructure.

In Canada especially, infrastructure is what big events like the Pan Am Games are all about. These events are transactions between cash-starved cities and the higher orders of government who hold the purse strings.

Canadian cities turn to big events because they're a reliable way of getting expensive things funded and built.

And purely from an infrastructure perspective, the Games look to have worked out pretty well for Toronto.

Because of the Games, the West Don Lands neighbourhood — formerly derelict — was rapidly developed to serve as the Pan Am Athletes' Village. In addition to 253 units of affordable housing, a new YMCA and an 18-acre public park, the development also built needed flood protection for a swath of downtown.

Toronto also got a world-class Sports Centre in Scarborough, several other new sport facilities and some major public art. Largely because of deadlines imposed by the Games, construction on Queens Quay is wrapped up and Union Station looks better than ever.

And whoa, there's an honest-to-God train to Pearson Airport now.

Does all this make the cost and the challenges of the Pan Am Games worth it? I'm not sure. But I find it hard to completely dismiss the idea of hosting big events like this given the everyday reality Toronto and other cities face trying (and failing) to scrape together money for infrastructure. Still, I'd rather the reality were different.

With a serious funding strategy and a real commitment to city-building, the infrastructure benefits Toronto is seeing from the Pan Am Games could be realized all the time. We could have a growing city with up-to-date infrastructure without having to host water polo and the decathlon.

That's the real legacy I'd like the Pan Am Games to leave Toronto: an understanding that — even without athletes and porcupine mascots — investing in cities is worth it.

**Matt Elliott** lives and writes in Toronto. Follow him on Twitter @GraphicMatt

## ROSEMARY WESTWOOD

metroview

# Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found.

Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

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Your essential daily news

$1M reward offered for ruby red slippers from Wizard of Oz, stolen from museum in 2005

# A burnout and a has-been

BATMAN V SUPERMAN

## New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's steadfast Senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

> **I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.**
>
> Ben Affleck on playing Batman

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed Man of Steel. He likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly. "I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be different. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout."

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence."

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

"So that's it, we're the patsies. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world."

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

# Rising above your slacking co-worker

PRODUCTIVITY

## Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon

You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone else's hour-long breaks.

> **When faced with a colleague who won't carry their weight, don't seethe — seek relief.**
> Eleni Deacon

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the highers-up. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

# The stuck stops here

TIPS FOR SUCCESS

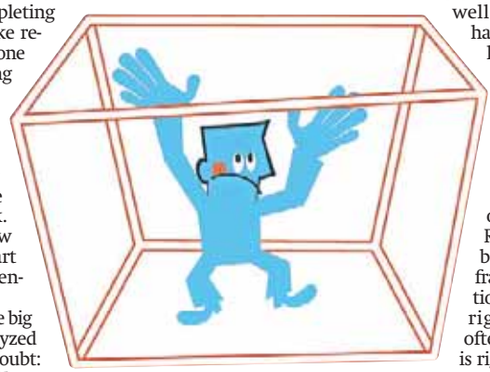
## Feeling stuck? Here's how to get out of any sticky situation

Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book, The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

### Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

"For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap," he explains. "I spent about 20 minutes trying to find the release button before I saw a similar car getting gas. I went over, and I said, 'Where did you get the release?' He said, 'There is no release — just open the cap.'"

So if Roth had asked himself "How do I get the cap open?" instead of "How do I find the release button?" — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: "If people back off and reframe their question and find the right problem, often the answer is right there."

### Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. "Pictures just encapsulate so much more information and nuance. They're more evocative."

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# The great shark disparity

BEACH SAFETY

## Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or two attacks a year over the past decade.

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study said.

Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

In North Carolina, most of this year's attacks happened in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every 738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

"It's a saying in the community: You're more at risk of getting hit by a falling coconut," said Chris Plante, an assistant curator at Aquarium of the Pacific in Long Beach. "I don't have numbers to back that up, but I do know you're more at risk of getting bit by a dog than a shark."

Swimmers and surfers can further reduce their risk by taking to the water in the spring. Attack rates vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, Ferretti said.

Attacks are much less likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said.

As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

The Stanford study will be published in this month's issue of the journal Frontiers in Ecology and the Environment. THE ASSOCIATED PRESS

**REDUCING THE RISK**

**Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration.**

**A lifeguard warns a family to not go into the water south of the pier in Huntington Beach, Calif., on July 10 after a shark sighting.** BILL ALKOFERA/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS; GREAT WHITE SHARK PHOTO: THE ASSOCIATED PRESS FILE

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## GROOVIN' IN THE LOWER KEYS

**Underwater concert in Florida features costumes, conservation message**

Hundreds of music-loving snorkellers and divers, joined by distance swimmer Diana Nyad, ducked beneath the waves Saturday as a radio station broadcast a concert underwater at the Florida Keys National Marine Sanctuary.

Such songs as the theme from The Little Mermaid, the Beatles' Yellow Submarine and Jimmy Buffett's Fins entertained listeners during the four-hour music session.

Some snorkellers pretended to jam underwater on mock guitars or play other fake instruments such as a whimsical fish flute. Others wore costumes depicting mermaids and seahorses as music sounded from waterproof speakers suspended beneath boats.

"To be immersed in the sea and feel the music coming from underneath instead of through headphones — it's very magical and distinct," Nyad said. "You couldn't hear it this well if you were in a concert sitting in the front row."

In September 2013, Nyad became the first person to swim from Cuba to Key West without a shark cage, singing to herself to get herself through the more than 160-kilometre swim.

**Jeff Wright, costumed as a seahorse, rocks with a fake guitar.** THE ASSOCIATED PRESS

The so-called Lower Keys Underwater Music Festival took place at Looe Key Reef, part of the continental United States' only living coral barrier reef, located about six miles south of Big Pine Key.

"This is a way for people to really appreciate the coral reef while at the same time listening to an environmental message about coral protection," explained WWUS radio station news director and festival founder Bill Becker. The festival paired the tunes with coral reef conservation messages and tips on environmentally friendly diving practices. THE ASSOCIATED PRESS

# A balanced budget at your fingertips

SMARTPHONE TECHNOLOGY

## Three apps to help keep your assets in check

Kyle Prevost
youngandthrifty.ca

Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:

**There are plenty of apps that can make your financial planning less taxing — whether you're the owner of a small business, a post-secondary student keen on planning your financial future, or someone who is simply looking for a one-stop shop for budget management.** ISTOCK

MINT

### Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.

YOU NEED A BUDGET

### Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of $60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.

WAVE

### Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax time!

## IN BRIEF

### Travellers spend $2.22B a year on Wi-Fi, roaming

The Business Traveler Connectivity Cost Index shows that those of us needing to use smartphones, tablets and PCs while on the move are collectively wasting $1.33 billion a year in charges.

The report, compiled by Rethink Technology Research and iPass, focuses solely on North American and European business travellers and estimates that an American travelling internationally on business is racking up between $828 and $1,780 a month in cellular roaming charges.

"The amount of mobile data consumed by business is growing rapidly, as more employees adopt the use of cloud-based mobile applications of all kinds and look to replicate enterprise working environments on their smartphones, tablets and laptops," said Gary Griffiths, iPass president and CEO.

That's also why free Wi-Fi is a problem. As well as being unsecure, it's often too slow to allow anyone, holiday-makers or business travellers alike, to do much more than check emails.

The report calculates that if travellers all used global roaming subscription services, as much as $1.33 billion could be saved annually. AFP

**4.5 GB**

**The average business traveller now consumes 4.5 GB of data a month.**


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Your essential daily news

Briton Chris Froome, of Team SKY, kept the yellow jersey after Stage 9 of the Tour de France

# Cyclists, sharpshooter earn Canadians three more gold

PAN AMS

## Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong early pace and hoping others can't match it. Batty showed she was up for the challenge.

> **It doesn't matter who's first on the day as long as it's a Canadian.**
> Mountain biker Emily Batty

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place. THE CANADIAN PRESS

**Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver.** FRED THORNHILL/THE CANADIAN PRESS

**Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games** FRED THORNHILL/THE CANADIAN PRESS

MLB

## Jays fall short of comeback

**SUNDAY in Kansas**

| 11 | 10 |
|---|---|
| ROYALS | JAYS |

Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eight.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season. THE ASSOCIATED PRESS

**Canada's captain Jen Kish dives over to score in Canada's 55-7 win over the U.S. in the women's rugby sevens gold medal match at the 2015 Pan Am games** CHRIS YOUNG/THE CANADIAN PRESS

CANADA 55, U.S. 7

## Rugby gold for Canadian women

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want to give the best performance that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze. THE CANADIAN PRESS

### IN BRIEF

**Canuck diver tops podium**

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifel Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS

# Nine-minute hat trick not enough to lift TFC to win

MLS

## T.O. draw with NYCFC includes league-record four penalties

Toronto FC's Sebastian Giovinco scored three times in nine minutes, but Patrick Mullins' goal in the 84th minute gave New York City FC a 4-4 draw on Sunday.

The match included a league-record four penalty kicks.

Mullins' tying goal came after Toronto FC cleared a free kick across its own net.

"When you're at the end of the game and you're up, we feel like we need to lock that game down and win the game," said Toronto coach Greg Vanney. "So we're disappointed we gave up two points.

"We can't give away four goals and expect to come away with a win."

Toronto had grabbed a 4-3 lead in the 82nd minute when Giovinco stole the ball, dribbled downfield and cut a pass back to Marky Delgado, who finished in front of the net.

David Villa put NYCFC in front in the 17th minute on a curling direct kick that glanced off goalie Chris Konopka's fingers.

Giovinco missed a penalty kick two minutes later, and NYCFC went up 2-0 in the 29th when Villa's penalty kick was blocked and Mullins' deflected follow went off Damien Perquis and into the net.

Giovinco then began his scoring streak, making good on a second penalty kick chance in the 34th. He tied the match in the 40th off a nifty back-heel pass from Jackson.

Giovinco's 11th goal of the season came in the 43rd after he punched the ball over goalie Josh Saunders for a 3-2 lead.

It was the first hat trick in franchise history.

"He was excellent," Vanney said about Giovinco's performance. "I thought he was, with open space and ability to run at people, you saw what he can do... but we have to provide him with support."

Villa's 10th goal of the season, coming off a penalty kick after he was brought down by Konopka, tied it at 3 in the 65th.

"I thought we had some good stretches where we could attack and play, but what we didn't do was defend set pieces very well," said Vanney.

"And obviously giving away a number of penalty kicks never helps."

THE CANADIAN PRESS

**Toronto FC midfielder Sebastian Giovinco, left, and New York City FC midfielder Pablo Alvarez compete for the ball during the second half of the match between New York City FC and Toronto FC, Sunday, at Yankee Stadium in New York.** THE ASSOCIATED PRESS

> **When you're at the end of the game and you're up, we feel like we need to lock that game down and win. So we're disappointed we gave up two points.**
> Toronto FC coach Greg Vanney

**Taylor Beck** THE CANADIAN PRESS

NHL

## Leafs trade for Predator

The Toronto Maple Leafs announced on Monday that the club has acquired forward Taylor Beck from the Nashville Predators in exchange for forward Jamie Devane.

Beck produced eight goals and 16 points in 62 games with Nashville last season — his first full year in the NHL after spending time with the American Hockey League's Milwaukee Admirals.

The 24-year-old native of St. Catharines, Ont., was selected by the Predators 70th overall in the 2009 NHL Draft after spending his four-year junior career with the Guelph Storm alongside current Leaf centre Peter Holland.

Devane has spent the majority of his professional career with the AHL's Toronto Marlies, posting six goals, 15 points and 253 penalty minutes in 118 games.

The 24-year-old Mississauga, Ont. native also appeared in his first two NHL contests with Toronto during the 2013-14 season.

Devane, originally selected two spots ahead of Beck in the 2009 NHL Draft, missed the 2015 AHL playoffs after having season-ending surgery to repair a lower-body injury.

THE CANADIAN PRESS

SOCCER

## Man City offers up Sterling paycheque

Manchester City is close to making Raheem Sterling the most expensive English soccer player.

A person familiar with the situation said Sunday that Liverpool has reached an agreement with City over the transfer of the England winger for 49 million pounds ($76 million).

The person spoke to The Associated Press on condition of anonymity because he was not authorized to discuss details of a deal that is yet to be completed.

**Raheem Sterling** DAVE THOMPSON/ GETTY IMAGES

Sterling, who has a contract with Liverpool until 2017, said in an unsanctioned interview with the BBC during last season he had rejected a new deal worth 100,000 pounds a week ($155,000). THE ASSOCIATED PRESS

### IN BRIEF

**Star Real Madrid keeper moves to FC Porto**

Goalkeeper Iker Casillas is leaving Real Madrid to join Portuguese club FC Porto after 16 seasons in which he helped the Spanish powerhouse win a slew of titles that included three Champions League crowns and five Spanish league trophies.

Madrid announced on its website Saturday that a deal had been reached for Casillas' transfer to Portugal.

THE ASSOCIATED PRESS

GOLF

## Fowler wins Scottish Open by a single shot over Kuchar

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowler's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer along with third-round leader Daniel Brooks, the No. 528-ranked Englishman, and Sweden's Rikard Karlberg.

Fowler took the outright lead in the tournament for the first time with his last shot of the week, from the middle of the 18th fairway.

After knocking in the putt, he doffed his cap and acknowledged the crowd. But he had to wait for the final pairing of Jacquelin and Brooks to play the last before really celebrating. THE ASSOCIATED PRESS

# Djokovic remains atop men's tennis mountain

TENNIS

## Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again.

The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89.

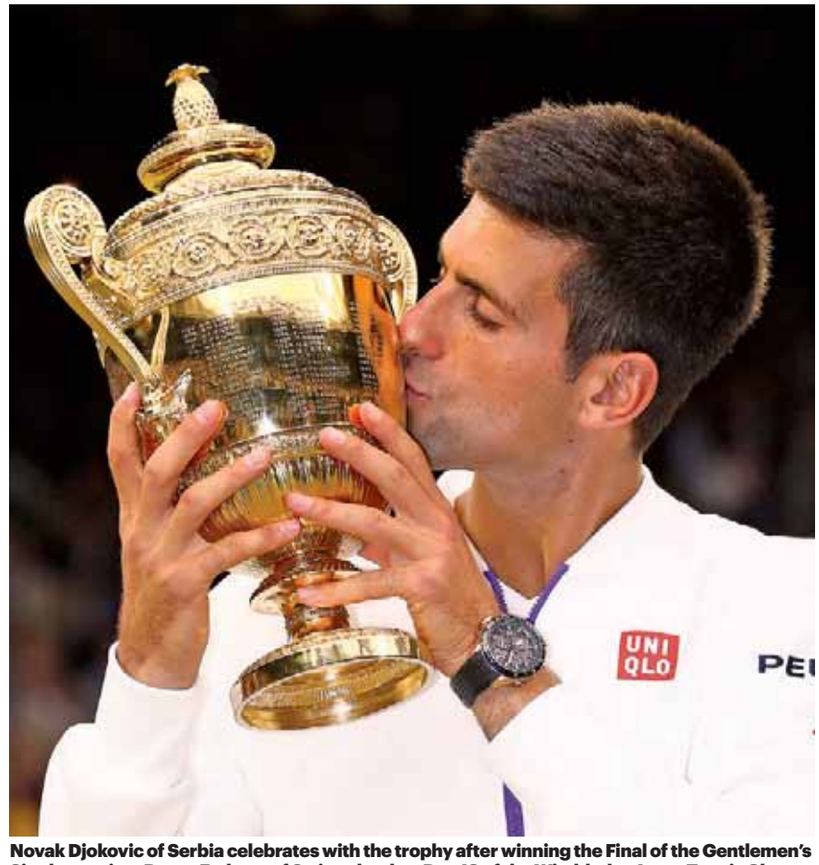
"We managed to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine."

Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes."

Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles. In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that," THE ASSOCIATED PRESS



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

> **He makes you push your limits, he makes you work hard and earn every single point.**
> Novak Djokovic, on Roger Federer

Serena Williams celebrates with the Venus Rosewater Dish after her victory at Wimbledon on July 11. JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

## Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

At 33, Williams is also the oldest women to win a Grand Slam title in the Open era. She has now won seven major championships in her 30s.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert. THE ASSOCIATED PRESS

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CFL

## Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last season. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

"I feel like that was probably my last setback. It wasn't anything tweaked or re-injured or anything, it was just the wear of the first game, the first time playing a complete game on it," Fuller said. "But no pain at all now, I'm 100 per cent." THE CANADIAN PRESS

# McGregor backs up trash talk

UFC

## Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

THE ASSOCIATED PRESS

### WELTERWEIGHT

**Lawler keeps title**

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl.

THE ASSOCIATED PRESS

> **"It's a crazy game, and you know, I absolutely love it."**
> Conor McGregor

**Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas.** JOHN LOCHER/THE ASSOCIATED PRESS


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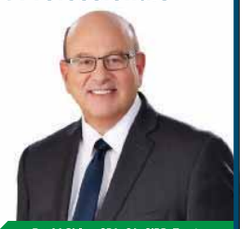
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- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers
- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

**Directions**
**1.** Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

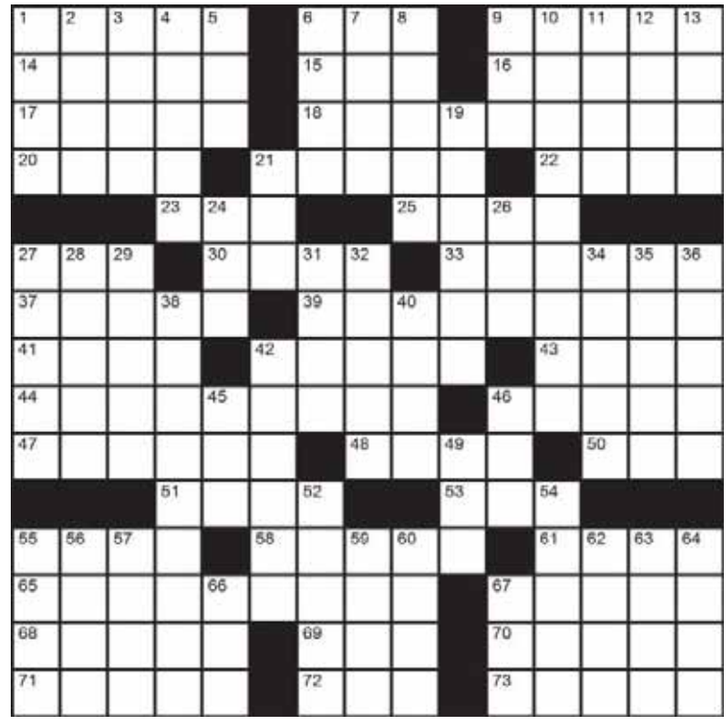
**2.** Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

**Nutrition per serving**
- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "__ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "__ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree
55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial exile isle
68. "It's so easy, __ _ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international airport
73. Belonging to Hartford's li'l state

**DOWN**
1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Take-out dish)
10. Unforgettably
11. Napoleon's
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

**Taurus** April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

**Gemini** May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

**Cancer** June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

**Leo** July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

**Virgo** Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

**Libra** Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

**Scorpio** Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

**Sagittarius** Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

**Capricorn** Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

**Aquarius** Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

**Pisces**
Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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# IS IT STILL SAFE TO GO IN THE WATER?

With shark attacks making headlines, experts look at just how risky it is

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Toronto metro

Your essential daily news | MONDAY, JULY 13, 2015

## FANS GO BATTY OVER FIRST LOOK AT FILM

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High 29°C/Low 19°C Mainly sunny

## THE GOLDEN TOUCH

Canadians shine at the Pan Am Games

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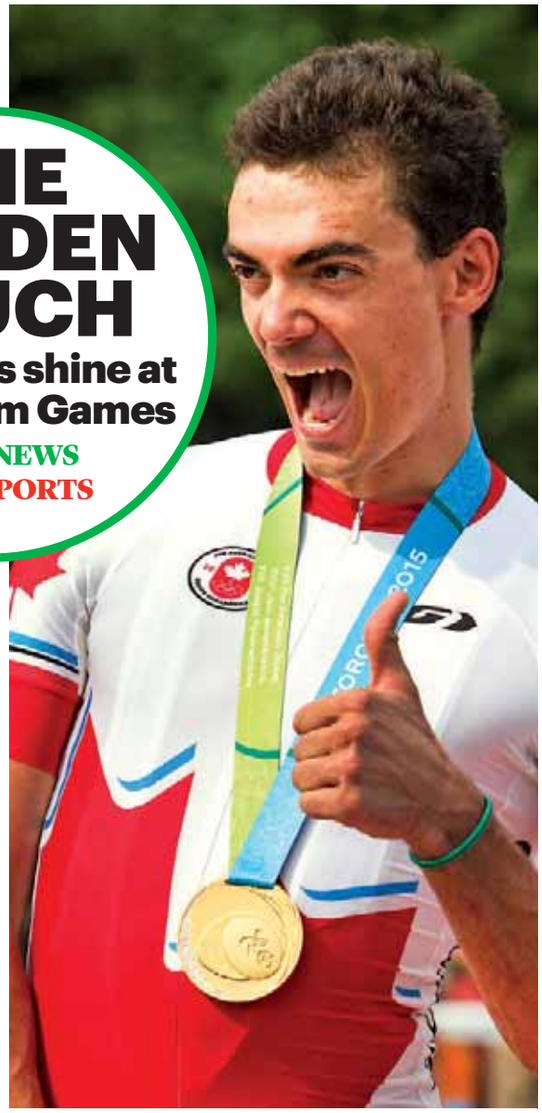

**Clockwise from top: Emily Batty (women's mountain bike), Raphael Gagne (men's mountain bike), the women's rugby team and Jennifer Abel (women's 3-metre springboard diving) all won gold medals Sunday at the Pan Am Games in Toronto.** THE CANADIAN PRESS

PAN AM GAMES

## Tickets kicked off Kijiji

Are you desperate for tickets to the sold-out Pan Am equestrian jumping finals? Elizabeth Wilson wants to hear from you.

The 54-year-old marketing co-ordinator tried to sell a pair of tickets on Kijiji.ca for $200 each, but her ad was pulled at the request of Pan Am's organizing committee, she said.

A Kijiji representative told her they were removing ads for Pan Am tickets due to infringement of copyrights or trademarks.

Wilson was left to wonder if she will have to hawk her tickets the old-fashioned way.

"Am I supposed to put a sandwich board on and walk around saying, 'I'd like to sell my Pan Am tickets?'" she said. "I'm not going to put an ad in the paper."

According to the ticket codes, you can buy Pan Am tickets from people you know. If you only want to sell them, you can't offer them publicly, including on a website. Pan Am spokesman Kevin Dove called the policy "pretty straightforward."

Ticket holders aren't eligible for a refund, except if an event is cancelled and in other extraordinary circumstances.

Kijiji has already deleted hundreds of ads for Pan Am tickets, said communications manager Shawn McIntyre.

"Generally, we allow the resale of tickets on our site, but when a company reaches out like that, and they notify us that they strongly discourage the resale of their tickets, we generally comply."

TORSTAR NEWS SERVICE

# TOO BIG TO MISS

## TODAY'S ACTION • MONDAY, JULY 13

## SPORT

**MEN'S & WOMEN'S BEACH VOLLEYBALL**
9 a.m./2:30 p.m./8 p.m. –
Preliminary Rounds
Chevrolet Beach Volleyball Centre

**MEN'S & WOMEN'S JUDO**
3 p.m. – Preliminary Rounds
8 p.m. – Medal Rounds
Mississauga Sports Centre

**MEN'S BASEBALL**
12 p.m. – CUB vs PUR
3:30 p.m. – COL vs USA
7 p.m. – CAN vs NCA
President's Choice Ajax Pan Am Ballpark

**MEN'S & WOMEN'S ARTISTIC GYMNASTICS**
12:45 p.m./6:50 p.m. – Medal Rounds
Toronto Coliseum at CIBC Pan Am Park

**MEN'S FOOTBALL (SOCCER)**
5:30 p.m. – TTO vs URU • PAR vs MEX
CIBC Hamilton Pan Am Soccer Stadium

## CULTURE

**FITO BLANKO**
CIBC PAN AM PARK
9 p.m.
FREE

**ANA TIJOUX**
NATHAN PHILLIPS SQUARE
7:30 p.m.
FREE

**TWENTY THOUSAND LEAGUES UNDER THE SEA**
DANIELS SPECTRUM
8 p.m.

**Visit TORONTO2015.org for more details on free and ticketed events**

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metro NEWS

Your essential daily news

McDonald's swears toy doesn't curse. **Business**

# A #YouAreWelcome wagon

FOOD TRUCK

## Mississaugas, chef offering First Nations cuisine

**Gilbert Ngabo**
Metro | Toronto

In the heart of the Distillery District Sunday, chef David Wolfman is busy distributing free food from a multi-coloured food truck.

The lineup doesn't seem to end, with locals and Pan Am visitors queuing up for a taste of Wolfman's First Nations cuisine.

"I think in the last two hours we must have served about 250 people," he said.

The food truck is a collaboration between Wolfman, a culinary professor at George Brown College and host of Cooking With the Wolfman on APTN, and the Mississaugas of the New Credit First Nation.

As official host of the 2015 Pan Am Games, Wolfman said the Mississaugas wanted to share their traditional cuisine with the thousands of visitors coming to the city.

"Part of our character, of who we really are is welcoming people," said the chef, who was greeting visitors with intermittent interjections of "aanii" — hello — and "chi meegwetch" — thank you.

"When you welcome people with food, everybody has a smile."

> **When you welcome people with food, everybody has a smile.**
> Chef David Wolfman

The exercise kicked off last Friday to coincide with the Pan Am Games' Opening Ceremony. The food truck will be at Queen's Park Tuesday and in Liberty Village Wednesday.

To find out more, or to see if the truck is in your area, follow @youarewelcometo on Twitter.

### WHAT'S ON THE MENU

**Nish kabobs:** "Nish" is jargon for anishnawbe, which means "the people" in Ojibway. The dish, made with deer meat, is Chef Wolfman's favourite.

**Curried elk pastry:** This flaky dish is made with traditional ingredients like elk and sweet potatoes.

**Smoked turkey chili:** Wolfman whipped up this recipe using local ingredients like pinto beans.

**Wild blueberry bannock:** A staple in aboriginal kitchens, this flatbread can be enjoyed for breakfast, dessert or an afternoon treat.

**Chef David Wolfman is introducing people to authentic Ojibway dishes from the #YouAreWelcome food truck in the Distillery District.** LIZ BEDDALL/METRO

### HOW TO...

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# T.O. commuters say pass on GO-TTC collaboration

TRANSIT

## Integrated fare has attracted very few riders

Give it more time and more marketing. That's what transit officials counselled when the first test of an integrated TTC-GO fare got off to a slow start last winter.

But it hasn't worked. Apparently $60 a month — the cost of access to the GO trains at Danforth and Exhibition stations for TTC Metropass holders — is too much even if it does give commuters a more comfortable, faster ride to Union Station.

In the five months between the pilot project's launch Feb. 1 and the end of June, only 338 commuters bought the special Metropass stickers giving them GO privileges. Of those, 134 were sold in the first month of the fare integration experiment.

Since then, Metrolinx has launched its $50,000 marketing effort for the co-fare program, including a TTC station platform video, billboards, posters, social media and in-station announcements.

However, only 18 of the stickers have been sold at the Exhibition station, where Councillor Mike Layton had argued GO was a needed alternative to west-end commuters vexed by the over-crowded King streetcar. By comparison, 271 stickers sold at the Danforth GO station and 70 at Union.

But the issue of how transit riders cross system boundaries is already on the horizon with Mayor John Tory's SmartTrack proposing to carry TTC riders on the GO tracks far beyond the south end of the Lakeshore East and West lines.

As early as November, the TTC board look at a new Presto-enabled fare structure that some think should include a fare-by-distance provision.

**A Toronto bound GO train leaves Exhibition Station after a brief stop.** CHRIS SO/TORSTAR NEWS SERVICE

But TTC chief customer officer Chris Upfold says a speed-based fare is more likely. The TTC already charges for speed by doubling the fare on its downtown express buses that make fewer stops and get riders to their destination faster.

Other considerations under study, said Upfold, include:

- Whether to continue the "all-you-can-eat" Metropass or go to a capped system such as GO uses where Presto users get a discount once they exceed a predetermined number of rides.
- Two-hour transfers.
- Senior and student discounts.
- And an off-peak fare that Upfold says could free up room on the system. TORSTAR NEWS SERVICE

> **The TTC product is very good ... we offer a good service at a good price.**
>
> TTC chief customer officer Chris Upfold

### REACTION

The addition of buses to supplement the King streetcar last fall and new operating practices that have drastically reduced those pesky short-turns, may also have played some small role.

Coun. Mike Layton, who pushed for the GO-TTC co-fare, thinks those are marginal factors.

"Anything was better than what it was and it continues to be difficult," he said. "Maybe you're getting on the third streetcar or bus instead of the fifth."

While he agrees cost has discouraged some GO use, Layton says it's time to ask residents what they want.

"Since we started proposing this as a notion, I don't think anyone's sat down with the community and asked what can we do here," he said. TORSTAR NEWS SERVICE

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## Setting sail at Sugar Beach

THE METRO MARINE MODELLERS GATHERED SUNDAY AT SUGAR BEACH AS PART OF A COLLABORATION WITH PANAMANIA. THEIR RACE WAS SET UP TO REPLICATE EXACTLY HOW THE PAN AM COURSE WOULD BE SAILED. THE MODELLERS HAVE BEEN GATHERING SINCE 1958, AND RACE ON SUNDAY MORNINGS AT PORT CREDIT IN MISSISSAUGA. LIZ BEDDALL/METRO

# Shelters still full in summer

HOMELESSNESS

## City struggles with demand, no matter the temperature

Summer has come to Toronto, but the warm weather has done little to decrease demand for space in the city's homeless shelters.

According to the latest figures released by the Shelter Support and Housing Administration, more people stayed in shelters in June than any previous summer month on record — an average of 4,095 a night.

All sectors of the system (excluding motel rooms rented for homeless families) are running above council's 90 per cent occupancy target, the level at which the facilities are considered full. In June, occupancy for the non-family sectors was at 94.4 per cent, which was up from 91 per cent this time last year and exceeded occupancy rates during some recent winters.

**A man sleeps outside the Cathedral Church of St. James. Although winter can be deadly, there are risks to living outside during warmer seasons.** MELISSA RENWICK/TORSTAR NEWS SERVICE FILE

In some cases, shelters are being forced to deny people beds.

"Our occupancy is pretty much exactly the same (as in winter)," said Jake Aikenhead, the manager of the Salvation Army's Gateway shelter on Jarvis Street, which has 118 beds. "All year round, we turn people away."

The situation is similar at Street Haven, a 50-bed women's shelter on Pembroke Street downtown. "Occupancy is full, no matter the weather," reported Kenda Hoffer, the shelter's director of operations. "It seems to be busting at the seams these last few years."

Shelter operators say crowding during the summer is not new. But the total number of people using shelters has grown as the city has gradually added more beds to the roughly 60 facilities across the city. The figures indicate that spaces are being filled as quickly as they are added, even in summer.

> **All year round, we turn people away.**
> Jake Aikenhead, manager of the Salvation Army's Gateway shelter on Jarvis

Tanya Gulliver-Garcia, a research co-ordinator at the Homeless Hub, said that although there is a common perception that shelter space is only in high demand during cold weather, there is a chronic need for more beds. During the summer, warm temperatures might even attract additional transient people to Toronto and swell the homeless population, she said. "The shelter system is necessary year round."

Although winter weather can be deadly, according to Dr. Stephen Hwang, director of the Centre for Research on Inner City Health at St. Michael's Hospital, there are also significant risks associated with living outside during warmer seasons. They include increased likelihood of being victimized by crime as well as lack of access to the important health programs offered at shelters.

Being unable to access those supports "increases the chances that we'll have this group of people who are permanently homeless," Hwang said.

Patricia Anderson, a spokeswoman for the Shelter Support and Housing Administration, agrees that demand for shelter space is on the rise all year round.

She said the city is taking steps this year to expand capacity, including opening up two 25-bed facilities for LGBTQ youth and launching a 42-bed transitional program for women. This spring, council backed a proposal to create up to 15 new permanent or temporary shelters over the next five years and to move 200 long-term shelter users a year into permanent housing.

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# Link at your own risk

Maybe it's a case of overzealous lawyering, but the legalese on the official Pan Am Games website states that no one is allowed to link to it without written permission.

"Links to this Site are not permitted except with the written consent of TO2015™. If you wish to link to the Site, you must submit a written request to TO2015™ to do so," according to the toronto2015.org terms of use.

That's a cause for concern, said Fenwick McKelvey, an assistant professor of communication studies at Concordia University who specializes in the Internet.

"This is a public event. It's publicly funded. It's going to generate public discussion and the fact that they claim they can say how people are discussing it, or linking to the content, is a tremendous overreach," he said.

McKelvey said Canadian courts recognize linking as part of freedom of speech, and this runs contrary to that.

Catherine Lovrics, a lawyer with Bereskin & Parr who specializes in copyright, said the policy is likely not intended for regular online users, but rather brands.

"If you're linking on your social media page to your favourite bowler and the fact that they won a bowling event, I don't think that these terms are likely going to be enforced and there's no reason to worry," she said. "But, if you're trying to use the Pan Am Games commercially and you're not an official sponsor, this is probably aimed at you."

Pan Am organizers have taken other steps to protect sponsorships, including trademarking To2015, a popular hashtag for the Games.

TO2015 responded to Metro's questions about this issue by stating, "Permission to link to our website is requested as a way to protect our intellectual property assets.

JESSICA SMITH CROSS/METRO

## IN BRIEF

**Sculpture of athlete emblazoned with typo**

When Tom Longboat won the 1907 Boston Marathon and obliterated the previous course record with a time of 2:24:24, he showed courage and persistence. But "persistance"?

The misspelled word is emblazoned on a statue of the Onondaga long-distance runner near Harbourfront Centre.

Passersby said the error ought to be fixed.

TORSTAR NEWS SERVICE

# Cyclists escorted off DVP

PRACTICE RIDE

## Co-operative Brazilian team had 'language issues': police

Toronto police HOV enforcement officers found themselves dealing with a slightly different traffic situation Sunday morning when they had to escort the Pan Am Games Brazilian cycling team off the Don Valley Parkway.

Toronto police got a call about a group of cyclists travelling northbound on the shoulder of the DVP at 9:58 a.m. Sunday, said Det. Sgt. Devin Kealey.

A police motorcycle unit already on the highway keeping an eye on the HOV lanes responded to the call and caught up to the nine cyclists who were all wearing their Brazilian team uniforms.

The team was on a practice ride downtown when they rode onto the DVP at the Eastern Ave. ramp, not realizing that cyclists are not normally allowed on the busy highway.

There were "some language issues," Kealey said, but the cyclists were "very apologetic and very co-operative" with officers, who escorted them out to the Don Mills Road exit and took them to the Bayview Extension so they could continue their practice.

> **You'll be happy to know they were not using the HOV lanes.**
> Det. Sgt. Devin Kealey

The cyclists are not facing any charges and Kealey said Pan Am officials have also contacted the team about cycling rules in Toronto.

Kealey said it's not unheard of for cyclists to accidentally end up on the DVP, but it's not a common occurrence, either.

"You'll be happy to know they were not using the HOV lanes," he added.

TORSTAR NEWS SERVICE

**EXHIBITION STADIUM RUGBY 7S** The southern stands of the stadium were packed for Rugby 7s on Sunday during the Toronto 2015 Pan Am Games, and the sports fans were able to enjoy a gold medal win for Canada. See **metroSPORTS**. RICK MADONIK/TORSTAR NEWS SERVICE

SAFETY

# Cost of security for Games pegged at $240 million

It's being described as the largest security operation in Canadian history, but experts are predicting that ensuring everyone's safety at the Pan Am Games will be virtually seamless.

They're also saying it will be nothing like the 2010 G20 summit, either, the last major event to take place in Ontario that required a large security apparatus.

Total cost for the summit came close to $1 billion (with over $900 for security), and saw hundreds of people arrested in the streets. In some cases, criminal and disciplinary charges were laid against several police officers.

The G20 "is apples and oranges compared to Pan Am," said Steve Summerville, president of Stay Safe Instructional Programs and a retired Toronto police staff sergeant, noting that years have gone into planning the security operation for the Games.

"With G20, we were looking at specific pockets of people with a specific focus. Some were demonstrators, some were activists, some were anarchists. That's a completely different situation than Pan Am."

Security for the Games has been a touchy issue for years, long before Friday's opening ceremony. It's the responsibility of the Integrated Security Unit, comprising 10 municipal, provincial and federal police forces, with the Ontario Provincial Police taking the lead.

The ISU covers a large geographical area spanning 14 municipalities, including Toronto, Hamilton, Welland and Oshawa. Municipal police forces will be responsible for security in their own cities.

For now, the cost for security has been pegged at about $240 million — more than double what was originally anticipated — but officials have repeatedly said that number could go up if there is a threat. (While Canada's terrorism threat level remains at "medium," officials have said the threat level to the Pan Am Games is relatively low.)

**Police patrol inside the Pan Am Games Athletes' Village.**
MARK BLINCH/THE CANADIAN PRESS

Of that $240 million, $57 million has been set aside for the OPP and $101 million for municipal police services.

TORSTAR NEWS SERVICE

**The racetrack on Sunday.** COLE BURSTON/TORONTO STAR

# Woodbine rewards

Casino advocates in Toronto such as Coun. Glenn De Baeremaeker say city council's approval of expansion at Woodbine racetrack includes novel proposals to create supports for the city's low-income areas. Here's how.

## COMMUNITY BENEFITS AGREEMENT

As a result of the Woodbine decision, Toronto will set about exploring ways to invest every single dime of the city's gaming revenues generated by a Woodbine operation into a community benefits fund.

Those revenues are estimated to be in the range of $7 million to $11 million annually, and the fund they'd serve would tackle poverty in low-income neighbourhoods across the city.

"If it actually gets implemented, it will transform this city," De Baeremaeker says.

**City Coun. Glenn De Baeremaeker** ANDREW FRANCIS WALLACE/TORONTO STAR

## LOW-INCOME JOB SEEKERS

The deal requests that future gaming providers "strive" to hire 5 per cent of the people on social assistance in the area, to help get them into decent work.

It's a woollier version of a comprehensive local-hiring bylaw passed at the time when the ill-fated Woodbine Live! expanded gaming project was created, which would have created an employment centre and apprenticeship program for locals.

## INCREASING OVERALL JOB GROWTH

Some 10 per cent of Rexdale residents are already employed at the Woodbine racetrack, Councillor Ana Bailao points out. While the casino itself will generate more job opportunities, Bailao says a major win is the inclusion of a broader entertainment complex in the final deal — including retail, restaurants and a hotel.

Erica Taylor, general manager of the YMCA's Rexdale Employment Centre, says the prospect of more local jobs has been well-received.

TORSTAR NEWS SERVICE

POLICE

# Understaffing cause of jail lockdowns

There were 900 lockdowns in Ontario's provincial jails due to staff shortages last year, a figure that has more than tripled since 2009.

The full and partial lockdowns, which can last a day or several days, were triggered by shortages of staff including correctional officers and managers.

The figures, released by the province under the Access of Information Act, do not relate to lockdowns caused by other factors such as security breaches, transfers of high-risk prisoners, violence or contraband.

The Ministry of Community Safety and Correctional Services' institutional management unit (IMU) says the only available statistical data for lockdowns pertains to understaffing.

TORSTAR NEWS SERVICE

## IN BRIEF

**Police arrest alleged voyeur**

A Brampton man, 27, is facing charges after allegedly filming a woman and masturbating at a University of Waterloo library on Saturday.

Police from the University of Waterloo Police and the Waterloo Regional Police Service were called to the Davis Centre around 4:20 p.m. Saturday after reports of a man filming a 30-year-old woman in a study space with a hidden miniature camcorder. The man was monitoring the feed with a smart phone and masturbating.

The man, who police said is not a student of the university, was arrested as he attempted to leave the library. He has been charged with voyeurism, committing an indecent act and possession of a controlled substance.

He was scheduled to appear in court for a bail hearing Sunday.

TORSTAR NEWS SERVICE

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# Rare reflection of area's Jewish heritage rescued

CULTURE

## Bubble tea franchise will preserve historic sign

A rare piece of Toronto's Jewish heritage appears to have been rescued at the last minute, after almost being destroyed by a bubble-tea franchise.

"Butter, Cheese, Cream, Eggs — Fresh Every Day" are the unremarkable words spelled out by the Yiddish sign on the window of 29 Baldwin St. But the hand-painted Hebrew script, an advertisement for the former Mandel's Creamery, is possibly the last surviving remnant of Baldwin Village's former life as a landing spot for Jewish immigrants.

The sign is believed to date back to the 1940s, and was preserved even after Mandel's was taken over by John's Italian Caffe decades ago. But John's recently closed, and a new tenant moved into 29 Baldwin. Last month, large decals announcing the arrival of a bubble-tea shop were plastered across the storefront, and the Yiddish sign in Hebrew script was nowhere to be seen. Rumours circulated that the new tenants had chiselled it off.

"So we panicked," said Dara Solomon, director of the Ontario Jewish Archives, who had been worried about the sign since she heard John's was closing.

**This 2009 photo shows the 70-year-old Hebrew lettering in the window of the former Mandel's Creamery on Baldwin Street. The historic sign is believed to be the only one of its kind in Toronto, but was almost destroyed when a bubble tea shop moved into the storefront in June.** ONTARIO JEWISH ARCHIVES/BLANKENSTEIN FAMILY HERITAGE CENTRE

The importance of the sign relates to the era when Jewish businesses lined Baldwin.

Beginning in the 1910s, Jewish immigrants from Europe began setting up shop there, and nearby Cecil Street was soon home to synagogues and other Jewish institutions. But by the 1950s, the community had become prosperous and began relocating to more desirable neighbourhoods in the north of the city, and the Jewish businesses gradually vanished. Eventually the old Mandel's sign was all that was left.

> **It's the one spot where people can actually stand and see the Yiddish, rather than just being shown it in photos.**
> Dara Solomon, director, Ontario Jewish Archives

It's believed to be the last of its kind in the city.

"It's the one spot where people can actually stand and see the Yiddish, rather than just being shown it in photos," Solomon said.

Fortunately, rumours of its demise proved false. After several unsuccessful attempts to contact the Formocha tea shop's owners, Solomon finally met with Daniel Li on Friday. He assured her that although contractors had partially scratched off one letter, the sign was still mostly intact beneath the decal.

In an interview, Li said he was completely unaware of the window's importance when he and his partners leased the property. But after meeting with Solomon, Li said he was convinced. "We are both on the same page that we are going to protect this sign."

Li is considering three options: leaving the window where it is, reinstalling it somewhere inside his tea shop, or donating it to the OJA.

He has to discuss the issue with his partners, but said the idea of integrating the Jewish artifact into his Taiwanese business appeals to him, because fusion of the two cultures would be fittingly Canadian.

"Canadian can mean any type of culture, so ... I think that would be a great opportunity to have this be part of our story," he said.

Kaila Wainwright, director of programming for Heritage Toronto, said that 29 Baldwin is not on the city's list of heritage properties, and even if it were, it's generally difficult to apply heritage protection to signs. Although no one can force Formocha to do anything with the sign, Wainwright said her ideal solution would be to preserve it where it is.

Solomon agrees. "I would love for it to stay there. People identify with it," she said. "It's just really a wonderful artifact of the life that was once there."

TORSTAR NEWS SERVICE

## IN BRIEF

### Man charged for impaired driving with children in vehicle

Ontario Provincial Police have charged a man with impaired driving after he allegedly drove drunk with three of his children in his vehicle in Oakville.

Police say they were alerted to a vehicle being driven by a man suspected to be impaired, driving eastbound on the QEW at about 4:40 p.m. on Saturday.

Police stopped the vehicle, arrested the man and asked him to give breath samples. He was charged with impaired driving and was released pending a future court date. The mother of the children took custody of them. Police say the Children's Aid Society was also contacted.

THE CANADIAN PRESS

### Two Toronto men die in Bracebridge collision

Two Toronto men are dead after a two-vehicle crash near Bracebridge Saturday.

Bracebridge OPP were called to Muskoka Lakes township after two vehicles, one northbound and one southbound, collided around 4:30 p.m. Saturday.

The male driver of the northbound vehicle and a male passenger were pronounced dead on scene. A 13-year-old female passenger was airlifted to a Toronto hospital with non life-threatening injuries. The male driver of the second vehicle also suffered non life-threatening injuries.

The men killed were identified as David Lash, 49, and Anthony Lash, 76.

TORSTAR NEWS SERVICE

BIGFOOT

# Toronto-based Sasquatch hunter is keeping his eyes peeled

One decade ago, Christopher Lau was eating dinner when his father asked the 22-year-old to help him track down Sasquatch.

A month later, the Toronto native found himself camping in remote British Columbia when Lau began to hear rustling in the woods.

"We had started to brew some coffee, when I began to hear some monkey-like grunts," he says. "Somewhere out there was something watching us closely."

> **People easily misidentify Bigfoot with animals, like if a bear was to stand on its hind legs ... the mind can play tricks on you.**
> Christopher Lau, Toronto Sasquatch watcher

Lau captured three seconds worth of what he could only describe as a gorilla grunting.

"After that morning, I knew something was out there."

Armed with a bachelor of arts in anthropology from York University, Lau — now a Markham resident — continues his pursuit of the legendary beast around the GTA and the country as one of Toronto's only accredited researchers with the international Bigfoot Field Researchers Organization (BFRO).

Lau's most recent expedition was in 2011, when he visited North Bay and other locales scattered along Lake Superior. These week-long tours, called "exhibitions," see upwards of 30 researchers convene to speak with witnesses, map possible track directions and measure step lengths.

Searching for Bigfoot is called "squatching." The practice is guided by "the Flats," a BFRO database that logs visual and audio sightings that are publicly submitted. An important portion of Lau's work involves screening these reports from locations as close to the GTA as Wasaga Beach, Lindsay and Muskoka.

Assessing the validity of each report is vital as a majority prove false.

To verify a sighting, Bigfoot trackers use a variety of tools and methodology to search.

Trail cameras are attached to tree trunks and small, two-toned percussion instruments called wood blocks are played, in an effort to mimic what the researchers believe are Bigfoot warning signals.

**Christopher Lau, one of Toronto's only authorized researcher registered with the international Bigfoot Field Researchers Organization, poses in the Eldred King Woodlands.** VINCE TALOTTA/THE TORONTO STAR

"Sasquatch like to tree knock," Lau says. "It is a non-verbal method of communication used to tell one another that an intruder may be near.

"But then again, it could just be a woodpecker."

The 32-year-old points to the 1967 Patterson-Gimlin film END as proof the Sasquatch exists.

The film contains the infamous and widely circulated image of a tall, black and hairy subject that the filmmakers, Roger Patterson and Robert Gimlin, claimed was not human.

"People consider it a hoax but it isn't," he says, acknowledging the grainy image is losing its relevance in an age of high-definition smartphone cameras. "So far, it is the only visual evidence of a Sasquatch."

Still, he has questions that remain unanswered.

"You can never really know for certain," Lau says. "It could be a mythical creature, sure.

"But for me, I'm set on Sasquatch being something ... the last survivors of a great ape species, a true missing link."

TORSTAR NEWS SERVICE

VIOLENCE

# Pastor laments gunfire deaths

The words seemed to come naturally to Pastor Allan Bowen as he gave his first Sunday sermon since 14-year-old Lecent Ross was shot and killed.

That may be because he has had a lot of practice in 25 years as senior pastor of Abundant Life Assembly, a Pentecostal church on Dixon Road, just outside Rexdale.

"I've been involved in 58 situations of serious wounding or murder by guns," he said.

Lecent died of a gunshot wound Thursday while visiting a 10-year-old friend in a townhouse near her home on James Crescent. The bullet came from an illegal, semi-automatic handgun — a .40-calibre Smith & Wesson. Who fired the pistol remains a mystery.

Addressing the small crowd gathered for morning mass — including Ross's 20-year-old sister Kajauna and mother Alicia Jesquith, seated in the front row — Bowen said he didn't want to eulogize another teenager killed by gunfire.

"We're seeing people murdered who have nothing to do with the criminal side of the neighbourhood," he said.

He mentioned Donald Beckles, a 46-year-old deaf man, who was shot to death in March while smoking a cigarette on his porch, on the same street where the Ross family live.

Two years earlier, 15-year-old Jarvis Montaque was shot and killed on James Crescent while listening to music outside his house.

Bowen also brought up the death of Ali Henry, 21, fatally stabbed in 1996 after a dispute broke out during a pickup basketball game outside Kingsview Village Junior School on York Road.

"Enough is enough," Bowen said, his voice rising in a crescendo until it was so loud he could have put down his mike.

The words brought some listeners to their feet.

TORSTAR NEWS SERVICE

**Lecent Ross** FACEBOOK

# More street trees equals better health, study finds

NEIGHBOURHOODS

## 10 more trees like being 7 years younger, professor says

**Gilbert Ngabo**
Metro | Toronto

The more trees on your neighbourhood street, the healthier you're likely to be.

That's the conclusion a five-year study conducted in Toronto and published in Scientific Reports last week.

The study surveyed more than 30,000 residents in Toronto via an online questionnaire. Researchers also relied on extensive tree data from the city — Toronto has catalogued 580,000 street trees — as well as reports on cardio-metabolic conditions and mental illnesses from the Ontario Health Study.

"There seems to be a strong correlation between how healthy a neighbourhood is and how many trees are in that neighbourhood," said Marc Berman, assistant professor of psychology at the University of Chicago and one of the authors.

The study found people who live in areas with more trees reported having a better perception of their health and fewer cardio-metabolic conditions such as hypertension and obesity than those living in less leafy areas.

In terms of health perceptions, Berman said planting 10 more trees on a block has the same effect as increasing each household's income by $10,200, or being seven years younger.

**A row of trees creates a shaded walkway along Queens Quay West. A new study conducted in Toronto shows a link between the number of trees on a street and the health of nearby residents.** LIZ BEDDALL/METRO

> **"Any city would benefit from increasing the number of street trees.**
> Marc Berman

"It seems from our study that any city would benefit from increasing the number of street trees," he said.

The study's authors include members of the David Suzuki Foundation and researchers from various universities and institutions across the globe.

LAKE SHORE BOULEVARD

# Woman, 22, critical after falling off van

A 22-year-old woman is in life-threatening condition after falling off a van's rear bumper near Exhibition Place Saturday night.

Police responded to a personal injury collision at 11:54 p.m. Saturday at Lake Shore Blvd. W., west of Ontario Place Blvd.

According to police, a dark-coloured van similar to a Mercedes-Benz Sprinter was travelling north on Ontario Place Blvd. and stopped at a red light at Lake Shore Boulevard West.

As the van was waiting for the light to change, two women approached the rear of the van and climbed onto the bumper.

As the van started moving, police say one woman fell or jumped off the back and sustained life-threatening injuries.

**CALL POLICE**

**Investigators need assistance**
Anyone with information is asked to contact police at 416-808-1900, or Crime Stoppers anonymously at 416-222-8477.

The driver continued westbound on Lake Shore West.

Police are searching for a driver that failed to remain on scene.

The driver may have been attending or working at an event called the Full Flex Express at TD Echo Beach, police say.

TORSTAR NEWS SERVICE

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# B.C. brewer breaks seal on tough South Korean market

INTERNATIONAL BUSINESS

## Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve them, as well as locals looking for something new.

"They were missing the market entirely," he said.

Vroon said he ran up against a thicket of regulation that stopped the flow of beer from other craft brewers, even after an early-2000s push from the country's government to open up the industry.

Vroon pushed back against rules that required breweries have more than one million litres of capacity to sell to wholesalers, which he said basically prevented anyone but the largest brewers from distributing their products.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work within rules that prevented or made prohibitively expensive the importing of the yeast and hops needed for a top-notch brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon's efforts bore fruit as he found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to meet the rising demand for Canadian brews

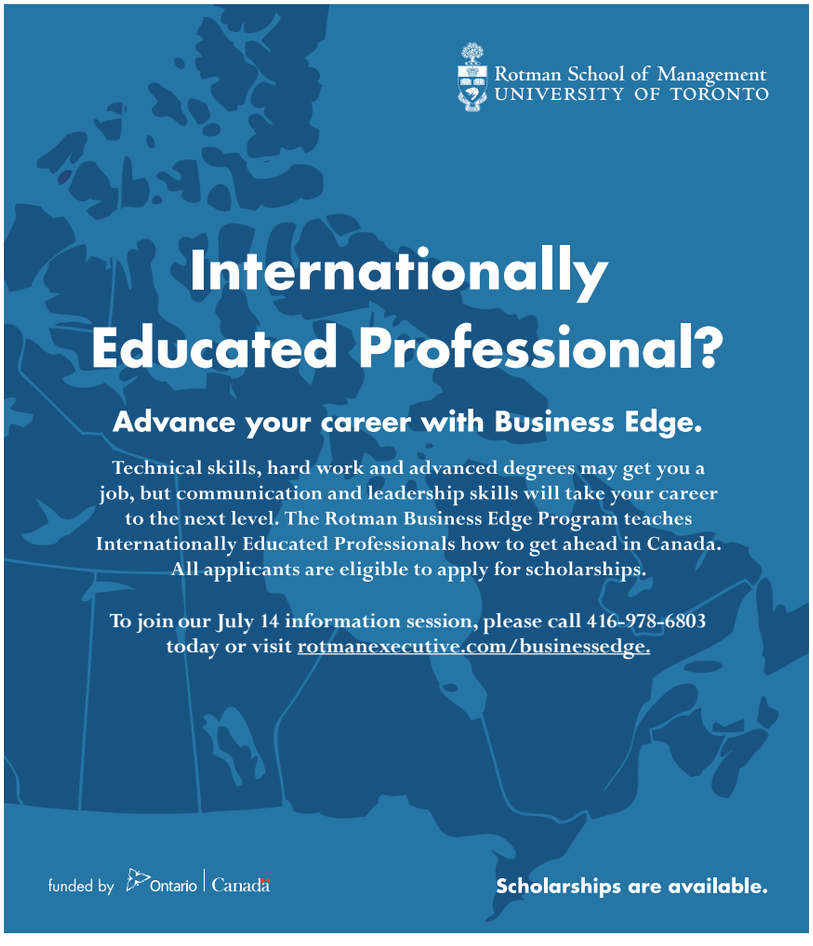
Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat well-founded belief over there that products from Canada are healthier, that the water's better, the air is better," he said. THE CANADIAN PRESS

**When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry.** THE CANADIAN PRESS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ECONOMY

## Tories bust out wallets for election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan engineered in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending bonanzas is now being repurposed as a recession-fighting necessity.

"Some of the measures which the prime minister announced and which I announced in the budget will inject almost $10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than $2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than $1.6 billion to existing projects.

> **They're basically making one of the big anchors of their election platform the return to a balanced budget.**
> Queen's University Professor Don Drummond on the Conservative election strategy

"They're a little bit caught because they're basically making one of the big anchors of their election platform the return to a balanced budget," said Don Drummond, a former senior Finance Canada official who now teaches at Queen's University. THE CANADIAN PRESS

SASKATCHEWAN WILDFIRES

## Evacuees headed home

Officials say residents of an evacuated reserve in northern Saskatchewan were being allowed to return home Sunday after it had been determined that their safety would no longer be at risk.

Duane McKay with emergency management said wildfires were no longer threatening the Grandmother's Bay First Nation reserve.

He said buses were being arranged to transport at least 130 people back to the First Nation.

A convoy led about 150 people from five other communities in the northeast home on Saturday night.

The communities to which those individuals belonged were not under evacuation orders, but the wildfires that had burned through Saskatchewan had cut off their road access.

McKay said fire conditions near 50 communities are being evaluated to determine when it might be safe for the remaining 13,000 evacuees from those communities to go home. THE CANADIAN PRESS

# Greece aims to make deal and avoid national financial crash

EUROZONE

## But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability,'' said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone. "There will not an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

THE ASSOCIATED PRESS

**German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting at the EU Council building in Brussels on Sunday.** THE ASSOCIATED PRESS

### BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the better part of two weeks, and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

MEXICO

## Notorious drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his recapture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico. THE ASSOCIATED PRESS

ISRAEL

## Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, including damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

### IN BRIEF

**Scottish woman dies in hospital after spending three days in crashed car**

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

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# Sea-to-sea expansion

RETAIL

## Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to $200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than $350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

**Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada.** JACQUES BOISSINOT/THE CANADIAN PRESS

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

VIDEO GAMES

## Nintendo president dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced Sunday.

In a brief statement, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata began working in the industry in the early 1980s. He joined Nintendo in 2000 and was appointed president in 2002.

Iwata, an enormously popular and influential figure in the industry, oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U. There has been no word yet on his replacement.

THE ASSOCIATED PRESS

**Satoru Iwata in 2009**
DAVID MCNEW/GETTY IMAGES FILE

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FAST FOOD

## Happy Meal Minions toy isn't cussing: McDonald's

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something a little more adult.

Experts say the company may be right, and the curse words many hear may be tied to how our brains are wired to find words even when they're not really there.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another phrase sounded like it could be "Well I'll be damned." The sound quality of the toy makes it hard to say definitively who is right.

The little yellow Minion characters speak a nonsense language and McDonald's Corp. said the Minion Caveman toy makes three sounds: "ha ha ha," "para la bukay," and "eh eh." The Oak Brook, Ill.-based company issued a statement saying it received only a few comments from customers about the toy, which was introduced July 3.

Nonsense speech will sometimes sound a bit like a real language, and experts say human brains are also wired to look for meaning in noise and images. So people will sometimes hear words in gibberish — including words they might think are inappropriate.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine. "Once the brain feels it has found a best match, then that is what you hear. The clarity of the speech actually increases with multiple exposures, or if you are primed by being told what to listen for" — as most people who heard the toy online already had been.

> **Once the brain feels it has found a best match, then that is what you hear.**
> Dr. Steven Novella, Yale School of Medicine

The technical name for the phenomenon is "pareidolia," hearing sounds or seeing images that seem meaningful but are actually random. It leads people to see shapes in clouds, a man in the moon or the face of Jesus on a grilled cheese sandwich.

The audio form of pareidolia has been causing confusion for years and years. In the 1960s the FBI investigated The Kingsmen's version of the song "Louie Louie" after concerned citizens complained that the lyrics were obscene. The band denied it, but hardly anybody could figure out the lyrics, including the FBI. The agency officially declared the words unintelligible.

A similar phenomenon could have contributed to the belief that rock bands would put messages in their music that could only be heard by playing a record or running a tape backward.

The McDonald's promotion is scheduled to run through the end of July. The film Minions, a prequel to the Despicable Me movies, premieres Friday. Some moviegoers will probably be listening intently to the Minions' dialogue. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, July 13, 2015

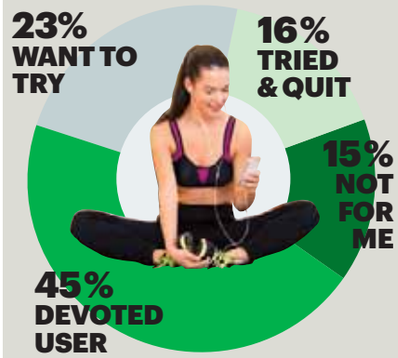
## THE BIG POLL: Fitness fails

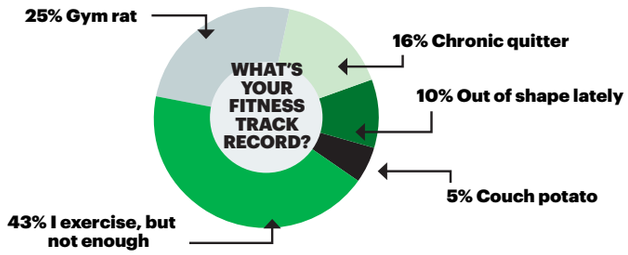
**From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals.** THE ASSOCIATED PRESS

**POLL: What would get you to stick to a fitness routine?**

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing

**POLL Have you ever used a fitness app or wearable device?**





WHAT'S YOUR FITNESS TRACK RECORD?
25% Gym rat
16% Chronic quitter
10% Out of shape lately
5% Couch potato
43% I exercise, but not enough

479 RESPONDENTS

Visit metronews.ca every Friday to answer The Big Poll.

# Hey Pan-Am pessimists: Look what our city got

TORY'S TORONTO
**Matt Elliott**

Investing in city infrastructure is worth it, Pan Am or no Pam Am.

The Pan Am Games are here. They've brought more 6,000 athletes, alongside a gaggle of coaches, officials and organizers. There's also a porcupine, Pachi.

They've also brought a wave of pessimism that seemed to roll through the city in the lead-up to the opening ceremony.

The negative narratives — which even got the attention of the New York Times — were many, and sometimes contradictory. We heard frequently that no one cares about the Pan Am Games, but also that the Games will turn the city into crowded chaos.

We heard endless griping about the temporary Pan Am HOV lanes, with some dummies going so far as to elaborately arrange mannequins just to cheat the system.

And we heard a lot of people asking variations of, "Hey, what's the point? Why are we doing this?"

To that last question, the answer is obvious. We're doing it for the infrastructure.

In Canada especially, infrastructure is what big events like the Pan Am Games are all about. These events are transactions between cash-starved cities and the higher orders of government who hold the purse strings.

Canadian cities turn to big events because they're a reliable way of getting expensive things funded and built.

And purely from an infrastructure perspective, the Games look to have worked out pretty well for Toronto.

Because of the Games, the West Don Lands neighbourhood — formerly derelict — was rapidly developed to serve as the Pan Am Athletes' Village. In addition to 253 units of affordable housing, a new YMCA and an 18-acre public park, the development also built needed flood protection for a swath of downtown.

Toronto also got a world-class Sports Centre in Scarborough, several other new sport facilities and some major public art. Largely because of deadlines imposed by the Games, construction on Queens Quay is wrapped up and Union Station looks better than ever.

And whoa, there's an honest-to-God train to Pearson Airport now.

Does all this make the cost and the challenges of the Pan Am Games worth it? I'm not sure. But I find it hard to completely dismiss the idea of hosting big events like this given the everyday reality Toronto and other cities face trying (and failing) to scrape together money for infrastructure. Still, I'd rather the reality were different.

With a serious funding strategy and a real commitment to city-building, the infrastructure benefits Toronto is seeing from the Pan Am Games could be realized all the time. We could have a growing city with up-to-date infrastructure without having to host water polo and the decathlon.

That's the real legacy I'd like the Pan Am Games to leave Toronto: an understanding that — even without athletes and porcupine mascots — investing in cities is worth it.

**Matt Elliott** lives and writes in Toronto. Follow him on Twitter @GraphicMatt

## ROSEMARY WESTWOOD

metroview

# Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found.

Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

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$1M reward offered for ruby red slippers from Wizard of Oz, stolen from museum in 2005

# A burnout and a has-been

BATMAN V SUPERMAN

## New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's steadfast Senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

> **I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.**
>
> Ben Affleck on playing Batman

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed Man of Steel. He likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly. "I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be different. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout."

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence."

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

"So that's it, we're the patsies. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world."

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

# Rising above your slacking co-worker

PRODUCTIVITY

## Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon

You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone else's hour-long breaks.

> **When faced with a colleague who won't carry their weight, don't seethe — seek relief.**
> Eleni Deacon

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the highers-up. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

# The stuck stops here

TIPS FOR SUCCESS

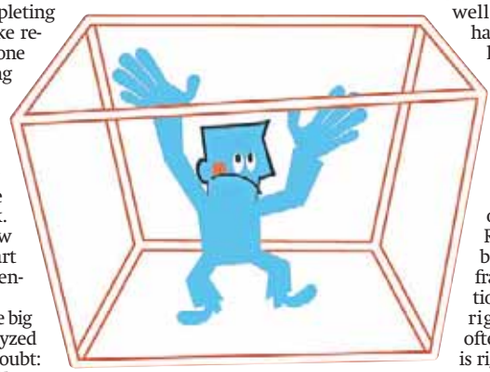
## Feeling stuck? Here's how to get out of any sticky situation

Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book, The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

### Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

"For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap," he explains. "I spent about 20 minutes trying to find the release button before I saw a similar car getting gas. I went over, and I said, 'Where did you get the release?' He said, 'There is no release — just open the cap.'"

So if Roth had asked himself "How do I get the cap open?" instead of "How do I find the release button?" — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: "If people back off and reframe their question and find the right problem, often the answer is right there."

### Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. "Pictures just encapsulate so much more information and nuance. They're more evocative."

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# The great shark disparity

BEACH SAFETY

## Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or two attacks a year over the past decade.

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study said.

Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

In North Carolina, most of this year's attacks happened in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every 738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

"It's a saying in the community: You're more at risk of getting hit by a falling coconut," said Chris Plante, an assistant curator at Aquarium of the Pacific in Long Beach. "I don't have numbers to back that up, but I do know you're more at risk of getting bit by a dog than a shark."

Swimmers and surfers can further reduce their risk by taking to the water in the spring. Attack rates vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, Ferretti said.

Attacks are much less likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said.

As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

The Stanford study will be published in this month's issue of the journal Frontiers in Ecology and the Environment. THE ASSOCIATED PRESS

**REDUCING THE RISK**

**Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration.**

**A lifeguard warns a family to not go into the water south of the pier in Huntington Beach, Calif., on July 10 after a shark sighting.** BILL ALKOFERA/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS; GREAT WHITE SHARK PHOTO: THE ASSOCIATED PRESS FILE

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## GROOVIN' IN THE LOWER KEYS

**Underwater concert in Florida features costumes, conservation message**

Hundreds of music-loving snorkellers and divers, joined by distance swimmer Diana Nyad, ducked beneath the waves Saturday as a radio station broadcast a concert underwater at the Florida Keys National Marine Sanctuary.

Such songs as the theme from The Little Mermaid, the Beatles' Yellow Submarine and Jimmy Buffett's Fins entertained listeners during the four-hour music session.

Some snorkellers pretended to jam underwater on mock guitars or play other fake instruments such as a whimsical fish flute. Others wore costumes depicting mermaids and seahorses as music sounded from waterproof speakers suspended beneath boats.

"To be immersed in the sea and feel the music coming from underneath instead of through headphones — it's very magical and distinct," Nyad said. "You couldn't hear it this well if you were in a concert sitting in the front row."

In September 2013, Nyad became the first person to swim from Cuba to Key West without a shark cage, singing to herself to get herself through the more than 160-kilometre swim.

**Jeff Wright, costumed as a seahorse, rocks with a fake guitar.** THE ASSOCIATED PRESS

The so-called Lower Keys Underwater Music Festival took place at Looe Key Reef, part of the continental United States' only living coral barrier reef, located about six miles south of Big Pine Key.

"This is a way for people to really appreciate the coral reef while at the same time listening to an environmental message about coral protection," explained WWUS radio station news director and festival founder Bill Becker. The festival paired the tunes with coral reef conservation messages and tips on environmentally friendly diving practices. THE ASSOCIATED PRESS

# A balanced budget at your fingertips

SMARTPHONE TECHNOLOGY

## Three apps to help keep your assets in check

Kyle Prevost
youngandthrifty.ca

Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:

**There are plenty of apps that can make your financial planning less taxing — whether you're the owner of a small business, a post-secondary student keen on planning your financial future, or someone who is simply looking for a one-stop shop for budget management.** ISTOCK

MINT

### Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.

YOU NEED A BUDGET

### Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of $60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.

WAVE

### Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax time!

## IN BRIEF

### Travellers spend $2.22B a year on Wi-Fi, roaming

The Business Traveler Connectivity Cost Index shows that those of us needing to use smartphones, tablets and PCs while on the move are collectively wasting $1.33 billion a year in charges.

The report, compiled by Rethink Technology Research and iPass, focuses solely on North American and European business travellers and estimates that an American travelling internationally on business is racking up between $828 and $1,780 a month in cellular roaming charges.

"The amount of mobile data consumed by business is growing rapidly, as more employees adopt the use of cloud-based mobile applications of all kinds and look to replicate enterprise working environments on their smartphones, tablets and laptops," said Gary Griffiths, iPass president and CEO.

That's also why free Wi-Fi is a problem. As well as being unsecure, it's often too slow to allow anyone, holiday-makers or business travellers alike, to do much more than check emails.

The report calculates that if travellers all used global roaming subscription services, as much as $1.33 billion could be saved annually. AFP

**4.5 GB**

**The average business traveller now consumes 4.5 GB of data a month.**


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Briton Chris Froome, of Team SKY, kept the yellow jersey after Stage 9 of the Tour de France

# Cyclists, sharpshooter earn Canadians three more gold

PAN AMS

## Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong early pace and hoping others can't match it. Batty showed she was up for the challenge.

> **It doesn't matter who's first on the day as long as it's a Canadian.**
> Mountain biker Emily Batty

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place. THE CANADIAN PRESS

**Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver.** FRED THORNHILL/THE CANADIAN PRESS

**Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games** FRED THORNHILL/THE CANADIAN PRESS

MLB

## Jays fall short of comeback

**SUNDAY in Kansas**

| 11 | 10 |
|---|---|
| ROYALS | JAYS |

Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eight.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season. THE ASSOCIATED PRESS

**Canada's captain Jen Kish dives over to score in Canada's 55-7 win over the U.S. in the women's rugby sevens gold medal match at the 2015 Pan Am games** CHRIS YOUNG/THE CANADIAN PRESS

CANADA 55, U.S. 7

## Rugby gold for Canadian women

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want to give the best performance that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze. THE CANADIAN PRESS

### IN BRIEF

**Canuck diver tops podium**

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifel Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS

# Nine-minute hat trick not enough to lift TFC to win

MLS

## T.O. draw with NYCFC includes league-record four penalties

Toronto FC's Sebastian Giovinco scored three times in nine minutes, but Patrick Mullins' goal in the 84th minute gave New York City FC a 4-4 draw on Sunday.

The match included a league-record four penalty kicks.

Mullins' tying goal came after Toronto FC cleared a free kick across its own net.

"When you're at the end of the game and you're up, we feel like we need to lock that game down and win the game," said Toronto coach Greg Vanney. "So we're disappointed we gave up two points.

"We can't give away four goals and expect to come away with a win."

Toronto had grabbed a 4-3 lead in the 82nd minute when Giovinco stole the ball, dribbled downfield and cut a pass back to Marky Delgado, who finished in front of the net.

David Villa put NYCFC in front in the 17th minute on a curling direct kick that glanced off goalie Chris Konopka's fingers.

Giovinco missed a penalty kick two minutes later, and NYCFC went up 2-0 in the 29th when Villa's penalty kick was blocked and Mullins' deflected follow went off Damien Perquis and into the net.

Giovinco then began his scoring streak, making good on a second penalty kick chance in the 34th. He tied the match in the 40th off a nifty back-heel pass from Jackson.

Giovinco's 11th goal of the season came in the 43rd after he punched the ball over goalie Josh Saunders for a 3-2 lead.

It was the first hat trick in franchise history.

"He was excellent," Vanney said about Giovinco's performance. "I thought he was, with open space and ability to run at people, you saw what he can do... but we have to provide him with support."

Villa's 10th goal of the season, coming off a penalty kick after he was brought down by Konopka, tied it at 3 in the 65th.

"I thought we had some good stretches where we could attack and play, but what we didn't do was defend set pieces very well," said Vanney.

"And obviously giving away a number of penalty kicks never helps."

THE CANADIAN PRESS

**Toronto FC midfielder Sebastian Giovinco, left, and New York City FC midfielder Pablo Alvarez compete for the ball during the second half of the match between New York City FC and Toronto FC, Sunday, at Yankee Stadium in New York.** THE ASSOCIATED PRESS

> **When you're at the end of the game and you're up, we feel like we need to lock that game down and win. So we're disappointed we gave up two points.**
> Toronto FC coach Greg Vanney

**Taylor Beck** THE CANADIAN PRESS

NHL

## Leafs trade for Predator

The Toronto Maple Leafs announced on Monday that the club has acquired forward Taylor Beck from the Nashville Predators in exchange for forward Jamie Devane.

Beck produced eight goals and 16 points in 62 games with Nashville last season — his first full year in the NHL after spending time with the American Hockey League's Milwaukee Admirals.

The 24-year-old native of St. Catharines, Ont., was selected by the Predators 70th overall in the 2009 NHL Draft after spending his four-year junior career with the Guelph Storm alongside current Leaf centre Peter Holland.

Devane has spent the majority of his professional career with the AHL's Toronto Marlies, posting six goals, 15 points and 253 penalty minutes in 118 games.

The 24-year-old Mississauga, Ont. native also appeared in his first two NHL contests with Toronto during the 2013-14 season.

Devane, originally selected two spots ahead of Beck in the 2009 NHL Draft, missed the 2015 AHL playoffs after having season-ending surgery to repair a lower-body injury.

THE CANADIAN PRESS

SOCCER

## Man City offers up Sterling paycheque

Manchester City is close to making Raheem Sterling the most expensive English soccer player.

A person familiar with the situation said Sunday that Liverpool has reached an agreement with City over the transfer of the England winger for 49 million pounds ($76 million).

The person spoke to The Associated Press on condition of anonymity because he was not authorized to discuss details of a deal that is yet to be completed.

**Raheem Sterling** DAVE THOMPSON/ GETTY IMAGES

Sterling, who has a contract with Liverpool until 2017, said in an unsanctioned interview with the BBC during last season he had rejected a new deal worth 100,000 pounds a week ($155,000). THE ASSOCIATED PRESS

### IN BRIEF

**Star Real Madrid keeper moves to FC Porto**

Goalkeeper Iker Casillas is leaving Real Madrid to join Portuguese club FC Porto after 16 seasons in which he helped the Spanish powerhouse win a slew of titles that included three Champions League crowns and five Spanish league trophies.

Madrid announced on its website Saturday that a deal had been reached for Casillas' transfer to Portugal.

THE ASSOCIATED PRESS

GOLF

## Fowler wins Scottish Open by a single shot over Kuchar

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowler's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer along with third-round leader Daniel Brooks, the No. 528-ranked Englishman, and Sweden's Rikard Karlberg.

Fowler took the outright lead in the tournament for the first time with his last shot of the week, from the middle of the 18th fairway.

After knocking in the putt, he doffed his cap and acknowledged the crowd. But he had to wait for the final pairing of Jacquelin and Brooks to play the last before really celebrating. THE ASSOCIATED PRESS

# Djokovic remains atop men's tennis mountain

TENNIS

## Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again.

The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89.

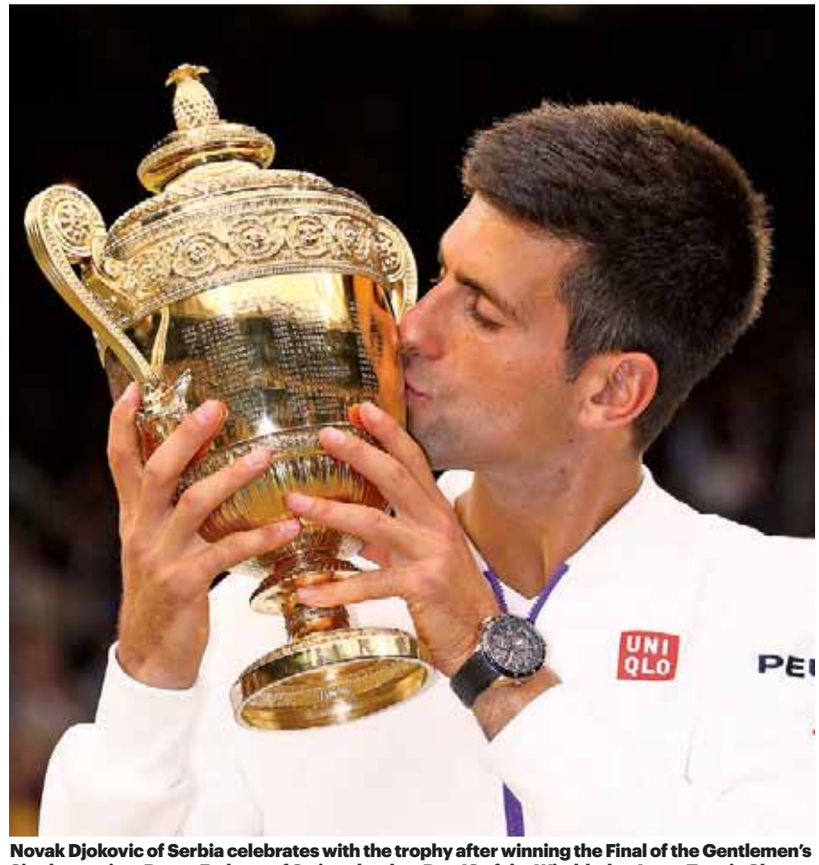
"We managed to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine."

Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes."

Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles. In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that," THE ASSOCIATED PRESS



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

> **He makes you push your limits, he makes you work hard and earn every single point.**
> Novak Djokovic, on Roger Federer

Serena Williams celebrates with the Venus Rosewater Dish after her victory at Wimbledon on July 11. JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

## Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

At 33, Williams is also the oldest women to win a Grand Slam title in the Open era. She has now won seven major championships in her 30s.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert. THE ASSOCIATED PRESS

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CFL

## Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last season. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

"I feel like that was probably my last setback. It wasn't anything tweaked or re-injured or anything, it was just the wear of the first game, the first time playing a complete game on it," Fuller said. "But no pain at all now, I'm 100 per cent." THE CANADIAN PRESS

# McGregor backs up trash talk

UFC

## Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

THE ASSOCIATED PRESS

### WELTERWEIGHT

**Lawler keeps title**

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl.

THE ASSOCIATED PRESS

> **"It's a crazy game, and you know, I absolutely love it."**
> Conor McGregor

**Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas.** JOHN LOCHER/THE ASSOCIATED PRESS


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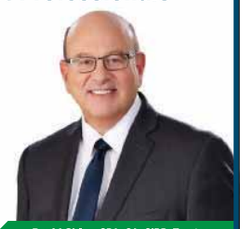
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# RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer.
Serves 4.

**Ready in**
Prep time: 10 minutes
Cook time: 10-15 minutes

**Ingredients**
- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers
- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

**Directions**
**1.** Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

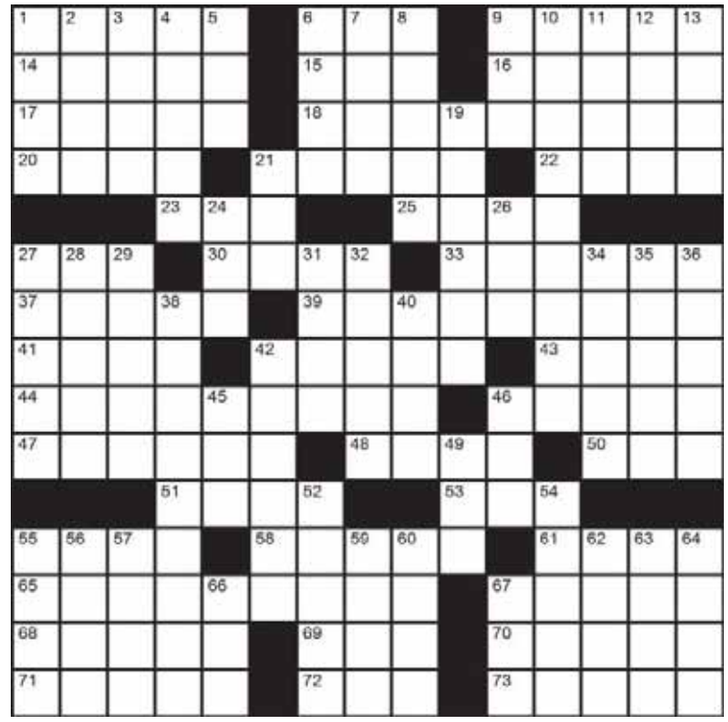
**2.** Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

**Nutrition per serving**
- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "__ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "__ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree
55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial exile isle
68. "It's so easy, __ _ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international airport
73. Belonging to Hartford's li'l state

**DOWN**
1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Take-out dish)
10. Unforgettably
11. Napoleon's
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

**Taurus** April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

**Gemini** May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

**Cancer** June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

**Leo** July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

**Virgo** Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

**Libra** Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

**Scorpio** Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

**Sagittarius** Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

**Capricorn** Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

**Aquarius** Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

**Pisces**
Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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